

Falls Church Recreation and Parks

Winter/Spring 2008



Annual Easter Egg Hunt
Falls Church City Art Show & Sale
City of Falls Church Farmers' Market
27th Annual Memorial Day Parade and Festival
See page 2 for details

photo by Gary Mester

Main Number: 703-248-5077

Inclement Weather/Open Gym Hotline: 703-248-5125

Special Events: 703-248-5178

Registration Dates

Residents: January 2

Non-Residents: January 9

Annual Easter Egg Hunt

Saturday, March 22, 10am

Rain Date: Monday, March 24, 4pm

Cherry Hill Park, 312 Park Avenue

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call **703-248-5077**.



Farmers' Market



Saturdays

December 22, 2007-April 26, 2008,

9am-12 noon

May 3-December 13, 2008,

8am to 12 noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

Now open year round!

Falls Church Art Show & Sale

Friday, April 25, 5-7pm

Saturday, April 26, 12 noon- 4pm

Falls Church Community Center,

223 Little Falls Street

Open to all City artists! Outstanding works of art from Falls Church art students and the public. Free to the public. For submissions, call **703-248-5077**.



27th Annual Memorial Day Parade and Festival



Monday, May 26, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more.

photos by Gary Mester

Dance Recital



Saturday, May 10

Show times 10am and 12 noon

Saturday, May 17

Show times 11am, 2pm and 4:30pm

George Mason High School, 7124 Leesburg Pike

Students enrolled in the Falls Church dance classes perform in the recital.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at **703-248-5199** or jelmore@fallschurchva.gov.

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Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*
Daniel J. Schlitt, *Deputy Director*
Jenny Elmore, *Special Events, Senior Program Supervisor*
Chris Madison, *Sports Coordinator, Program Supervisor*
Debbie Wright, *Hobby Class Coordinator, Program Supervisor*
Tracy Browand, *Senior Recreation Specialist*
Chris Jackson, *Teen and Camp Coordinator, Recreation Specialist*
Diane Morse, *Cherry Hill Farmhouse Coordinator*
Linda Weikle, *Senior Administrative Assistant*
Kristina Loerch, *Administrative Assistant*
Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*
Charles Jones, *Landscape Maintenance Worker*
Raymond Slaughter, *Landscape Maintenance Worker*
Mike Batky, *Building Maintenance Worker*
Juan Salguero, *Building Maintenance Worker*
Sonny Sikhhattana, *Building Maintenance Worker*

Recreation and Parks Advisory Board

Robert Meeks, *Chair*
Gerard Mene, *Vice Chair*
Joyce Berg
Charles O'Hara
Lawrence Webb
Ruth Rodgers, *Planning Commission Representative*
Kathryn Chandler, *School Board Representative*



General Information

Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm
Friday: 8am-12 midnight
Saturday: 8:30am-12 midnight
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Holiday Schedule

The building will be closed on Tuesday, January 1 and Sunday, March 23, 2008.

Hobby Class Holiday Schedule

No classes are held on these holidays unless otherwise noted.

January 21, Dr. Martin Luther King Day

February 18, Washington's Birthday

March 16-23, Spring Break

May 26, Memorial Day

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-Midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Open Gym Pricing

Register at the front desk before entering the gym

City Residents: Free

Non-City Residents 5 and under: Free

Non-City Residents 6-18 or 65+: \$2

Non-City Residents 19-64: \$3

Hotline: 703-248-5125

Call for current schedule.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

Phone Numbers

Recreation & Parks Division Office 703-248-5077

Falls Church Community Center..... 703-248-5077

Falls Church Senior Center..... 703-248-5020

Teen Center Office 703-248-5307

Cherry Hill Farmhouse..... 703-248-5171

Gym Hotline/Inclement Weather 703-248-5125

Special Events Hotline..... 703-248-5178

Fax 703-536-8150

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson Middle School

7130 Leesburg Pike

Thomas Jefferson Elementary

601 S. Oak Street

Mt. Daniel Elementary

2328 N. Oak Street

Registration Dates

Residents: January 2

Non-Residents: January 9

SPECIAL SERVICES

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

Senior Metro Passes: \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

NVRPA Bike Trail Maps: \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.

EVENTS AT CHERRY HILL FARMHOUSE

Valentine Tea

Bring a loved one to tea and listen to a costumed docent's entertaining talk about the history of Valentine traditions. Then enjoy a full tea in the lovely dining room. The tea consists of finger sandwiches, assorted sweets, warm scones and tea. Call 703-248-5171 for reservations.

Location: Cherry Hill Farmhouse

Date: Sunday, February 10 **Time:** 2pm

Fee: \$24

19th Century Children's' Tea Party

Ages 8 and up

Bring your favorite doll, dress up in our period clothing, play an old-fashioned parlor game and have a tea party at the historic farmhouse.

Location: Cherry Hill Farmhouse

Date: Saturday, February 16 **Time:** 12 noon-2pm

Fees: R: \$10 / NR: \$12

Celtic Music Concert

Enjoy a lively evening of acoustic Irish music at the farmhouse.

Location: Cherry Hill Farmhouse

Date: Friday, March 14 **Time:** 8pm

Fee: \$12

Old-Fashioned Cooking Class for Kids

Ages 8 and up

Kids will grind corn, make their own bread and churn butter.

Location: Cherry Hill Farmhouse

Date: Tuesday, March 18 **Time:** 10am

Fees: R: \$8 / NR: \$10

Archaeology Day at Cherry Hill

Ages 8 and up

Kids will examine artifacts from Cherry Hill's past and become amateur archaeologists as they piece together artifacts and learn about the history of Falls Church.

Location: Cherry Hill Farmhouse

Date: Thursday, March 20 **Time:** 10am

Fees: R: \$8 / NR: \$10

Falls Church Civil War Day

Learn about Falls Church during the Civil War as reenactors portray citizens and soldiers from the period. Free admission.

Location: Cherry Hill Park

Date: Saturday, May 17

Time: 10am-3pm



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at 703-248-5077. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

Infant Classes and Programs

Tiny Tunes Infants-17 months

Step out of the hustle and bustle of life and reserve this precious time for you and your baby or toddler to bond through wonderful music and movement activities. Sing, dance, play instruments, and learn finger plays with American Sign Language in this engaging class designed for the very young and their parent or loving caregiver. Nurture your child's development of listening, language, fine and gross motor skills while having fun!



Instructor: Susan Hayes

Location: Community Room

Class Dates: Wednesdays, January 16–March 26
(No class March 19)

210212-A 11:15–11:45am

210212-B 12 noon–12:30pm

Fees: R: \$103 / NR: \$113

Free Trial Classes: Saturday, January 12

Please register to avoid overcrowding

210212-E 11:15–11:45am

210212-F 12 noon–12:30pm

Instructor: Susan Hayes

Location: Community Room

Class Dates: Wednesdays, April 16–June 11

210212-C 11:15–11:45am

210212-D 12 noon–12:30pm

Fees: R: \$93 / NR: \$103

Free Trial Classes: Wednesday, April 9

Please register to avoid overcrowding

210212-G 11:15–11:45am

210212-H 12 noon–12:30pm

Music Together

Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed, playful, and nonperformance-oriented setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and having the most amount of fun doing it! All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$10 discount for siblings which is reflected in the sibling fee. **\$36 is due to instructor at the first class (family fee includes 2 CDs and Songbook for semester's music).** One per family. Please visit www.MusicWithMaddy.com



FREE DEMONSTRATION CLASS: Please join Maddy Tuesday, January 8 at 10am for a free demonstration class. Come see what all the fun is about!!!

Instructor: Maddy O'Neill-Dean

Location: Community Room

Class Dates: Mondays, January 14–March 24
(No class March 17)

210608-A 9-9:45am

210608-B 10-10:45am

210608-C 11-11:45am

210608-L 3:30-4:15pm

Fees: First Child R: \$160 / NR: \$170
Sibling R: \$150 / NR: \$160

Class Dates: Mondays, April 7–June 9 (No class May 26)

210608-I 9-9:45am

210608-J 10-10:45am

210608-K 11-11:45am

210608-P 3:30-4:15pm

Fees: First Child R: \$144 / NR: \$154
Sibling R: \$134 / NR: \$144

Class Dates: Tuesdays, January 15–March 25
(No class March 18)

210608-E 9-9:45am

210608-F 10-10:45am

210608-G 11-11:45am

210608-D 12:15-1pm

Fees: First Child R: \$160 / NR: \$170
Sibling R: \$150 / NR: \$160

Class Dates: Tuesdays, April 8–June 10

210608-M 9-9:45am

210608-N 10-10:45am

210608-O 11-11:45am

210608-H 12:15-1pm

Fees: First Child R: \$160 / NR: \$170
Sibling R: \$150 / NR: \$160

Classic Tales 'n Tunes® 18 months–4 years



Classic Tales 'n Tunes® invites young children and their caregivers to share a joyful adventure in learning through

the expressive arts: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme through a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This celebrated multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. FREE monthly newsletters keep families updated! Siblings 11 months or younger attend FREE with registered student; those 12 months and over must register. Please visit www.classictnt.com to learn more!

Instructor: Susan Hayes **Location:** Community Room

Class Dates: Wednesdays, January 16–March 26

(No class March 19)

210211-A 9:15–10am

210211-B 10:15–11am

Fees: R: \$155 / NR: \$165

Instructor: Jody Katz **Location:** Community Room

Class Dates: Saturdays, January 19–March 8

210211-C 9:30–10:15am

210211-D 10:30–11:15am

210211-E 11:30am–12:15pm

Fees: R: \$125 / NR: \$135

Free Trial Classes: Saturday, January 12

Please register to avoid overcrowding

210211-F 9:30–10:15am

210211-G 10:30–11:15am

Instructor: Susan Hayes **Location:** Community Room

Class Dates: Wednesdays, April 16–June 11

210211-H 9:15–10am

210211-I 10:15–11am

Fees: R: \$140 / NR: \$150

Free Trial Classes: Wednesday, April 9

Please register to avoid overcrowding

210211-J 9:15–10am

210211-K 10:15–11am

Instructor: Jody Katz

Location: Community Room

Class Dates: Saturdays, April 26–June 7

210211-L 9:30–10:15am

210211-M 10:30–11:15am

210211-N 11:30am–12:15pm

Fees: R: \$109 / NR: \$119

Free Trial Classes: Saturday April 5

Please register to avoid overcrowding

210211-O 9:30–10am

210211-P 10:30–11am

Tiny Fingers Baby Sign Language Class 6 months–2 years

NEW!



Learn how to introduce useful everyday signs to your child on in context as well as the common progression of sign reproduction in children. During each lesson, you will learn 15 signs on a given theme, engage in an activity to reinforce the signs and will learn to sing and sign a familiar song related to the theme of the day. A few additional signs

will be introduced for use in the songs. All signs taught are developmentally appropriate for infants and toddlers and based on American Sign Language.

Instructor: Tiny Fingers staff

Location: Community Room

Class Dates: 210705-A Saturdays, January 26–March 8

(No class February 9)

Time: 12:30–1:15pm

Class Dates: 210705-B Saturdays, April 12–May 17

Time: 12:30–1:15pm

Fees: R: \$95 / NR: \$105

Yoga for Little Ones 18 months–3 years

Through yoga games, stories and activities, children will have fun exploring what their bodies can do in this yoga class for little ones and parents/caregivers. Grown-ups can enjoy a good stretch at the same time, providing yoga rides and play.

Instructor: Unyong Kim Waide with Nora, age 2!

Location: Community Room

210403-A Class Dates: Fridays, April 4–May 15

Time: 1:30–2:15pm

Fees: R: \$84 / NR: \$94

Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. Held until May 23. This program is not held when special events are in the gym or if the Community Center is closed for a holiday. Call 703-248-5125 for updated information.



Location: Gym

Days: Fridays, September 7–May 23

(No tot time December 14, December 28, March 21, April 11, April 18, April 25, and May 2)

Time: 10am–12 noon **Fees:** FREE!

Tot Classes

Abrakadoodle Twoosy Doodlers

Ages 20-36 months

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too. Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Instructor: Abrakadoodle

Location: Art Room

210101-A Class Dates: Wednesdays, January 23-February 27

Time: 9:15-9:55am

210101-B Class Dates: Wednesdays, January 23-February 27

Time: 11:15-11:55am

210101-G Class Dates: Thursdays, January 24-February 28

Time: 3-3:40pm

210101-C Class Dates: Saturdays, January 26-March 1

Time: 10:15-10:55am

Fees: R: \$75 / NR: \$85

210101-D Class Dates: Wednesdays, March 26-April 30

Time: 9:15-9:55am

210101-E Class Dates: Wednesdays, March 26-April 30

Time: 11:15-11:55am

210101-H Class Dates: Thursdays, March 27-May 1

Time: 3-3:40pm

210101-F Class Dates: Saturdays, March 29-May 2

Time: 10:15-10:55am

Fees: R: \$75 / NR: \$85



Julie Liddle is a registered art therapist who launched the ART IN HANDSM program for toddlers and preschoolers in 2001 out of a desire to develop a program that would support, enhance, and celebrate the creativity that is born in each of us, but is nurtured in too few. Through her innovative programming, the very youngest of artists and their caregivers experience enriching, stimulating, and unique opportunities to interact with quality art media and interesting found objects and nature materials. Julie's experience in early childhood education has inspired her to incorporate children's literature into her art program so that emergent literacy, language development, creative development and self-expression are seamlessly integrated aspects of the program. ART IN HAND classes invite young children and their special grown-ups to experience some special moments of discovery and accomplishment, and share the pleasure of dabbling unselfconsciously in the simple joys of color, texture, sensation, and imagination.

ART IN HANDSM Creative Beginnings for Tiny Tots

18 months-3 years

NEW!

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. The Creative Beginnings class is specially designed to engage the very youngest artists in developmentally appropriate, process-oriented art. Each week an engaging story time will inspire creative exploration in drawing, painting, collage, sculpting, or mixed media construction. The ART IN HAND program's distinctive approach will stimulate the senses, spark the imagination, and support emerging language, social and problem-solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! We use only high quality art materials designed for use by young children plus lots of appealing found objects and materials. ALL MATERIALS ARE INCLUDED in tuition. For more information about the program visit www.artinhand.org

Instructor: Julie Liddle, ART IN HAND

Location: Art Room

210110-A Class Dates: Thursdays, January 24-March 13

Time: 10-10:45am

210110-B Class Dates: Thursdays, January 24-March 13

Time: 11:15-12noon

210110-C Class Dates: Thursdays, April 3-May 22

Time: 10-10:45am

210110-D Class Dates: Thursdays, April 3-May 22

Time: 11:15-12 noon

Fees: R: \$136 / NR: \$146

PRESCHOOL PROGRAM

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered on arts & crafts, music, drama, and games. Through these mediums the focus on coloring, painting, cutting, shape, letter and number recognition provide experiences which prepare a child for a smooth transition to kindergarten, and while learning responsibility and good social skills the child is enabled to grow as an individual. Our qualified staff and small class ratio (16:2) make a safe program for everyone; we are licensed by the State of Virginia Department of Social Services. **Children must be potty-trained and three years old by the first day of class.** Proof of age via birth certificate and physical and immunization report is required the first day of the program. In order to register, children must be born within the birthdates listed.

Winter/Spring Session

Preschool- Juniors

Birth dates October 1, 2003-September 1, 2004

Instructor: Alison Collins

Location: Preschool Room

211001-B Class Dates: Tuesdays and Thursdays, January 3-May 22 (No classes March 18 and March 20)

Time: 9am-12 noon

Fees: R: \$560 / NR: \$570

Summer Session

Preschool- Juniors

Birth Dates October 1, 2003-September 1, 2004

Instructor: Alison Collins

Location: Preschool Room

311001-A Class Dates: Tuesdays and Thursdays, June 3-June 26

Time: 9am-12 noon

Fees: R: \$115 / NR: \$125

311001-B Class Dates: Tuesdays and Thursdays, July 1-July 24

Time: 9am-12 noon

Fees: R: \$115 / NR: \$125

Preschool- Seniors

Birth Dates October 1, 2002- September 1, 2003

Instructor: Alison Collins

Location: Preschool Room

311002-A Class Dates: Mondays, Wednesdays, and Fridays, June 2-June 27

Time: 9am-12 noon

Fees: R: \$180 / NR: \$190

311002-B Class Dates: Mondays, Wednesdays, and Fridays, June 30-July 25 (No class July 4)

Time: 9am-12 noon

Fees: R: \$165 / NR: \$175



Preschool Classes

First Marks Art Studio

Mary Beth Swicord is a Cum Laude graduate of Northern Virginia Community College in Fine Arts and holds a B.S. from George Mason University in Vocational Education. Prior to teaching art in Fairfax County Public Schools for 15 years, Mary Beth worked in the field of graphic arts, so she brings the knowledge of both private and public sectors to her own business, First Marks Art Studio for 13 years, teaching all ages. For more information, please email info@firstmarks.com or call (703) 471-7785.

"Mommy & Me" Art Class

Ages 2-5

Encourage the artist inside your child while you play with the artist inside of you. Together you and your child will delight in laughter and exploration using art materials. This art experience will enhance your child's fine motor skills, stimulate his imaginary ability to create and build self-esteem. We will play with drawing, watercolor, cut paper, tempera paint, pastels and a mixture of art mediums to expose your child to a wonderful adventure in art. No prior art experience required just a desire to play and have fun! Please wear clothes that can get messy.

Instructor: Mary Beth Swicord, First Marks Studio

Location: Art Room

Class Dates: Mondays, January 28-April 7

(No classes February 18 and March 17)

210107-A 10:30-11:15am Ages 2-3

Fees: R: \$102 / NR: \$112

210107-B 11:30am-12:30pm Ages 4-5

Fees: R: \$120 / NR: \$130



Abrakadoodle Mini Doodlers Ages 3-6



Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Instructor: Abrakadoodle Staff

Location: Art Room

210102-A Class Dates: Wednesdays, January 23-February 27

Time: 10:15-11am

Fees: R: \$75 / NR: \$85

210102-E Class Dates: Thursdays, January 24-February 28

Time: 2-2:45pm

Fees: R: \$75 / NR: \$85

210102-B Class Dates: Saturdays, January 26-March 1

Time: 11:15-11:55am

Fees: R: \$75 / NR: \$85

210102-C Class Dates: Wednesdays, March 26-April 30

Time: 10:15-11am

Fees: R: \$75 / NR: \$85

210102-F Class Dates: Thursdays, March 27-May 1

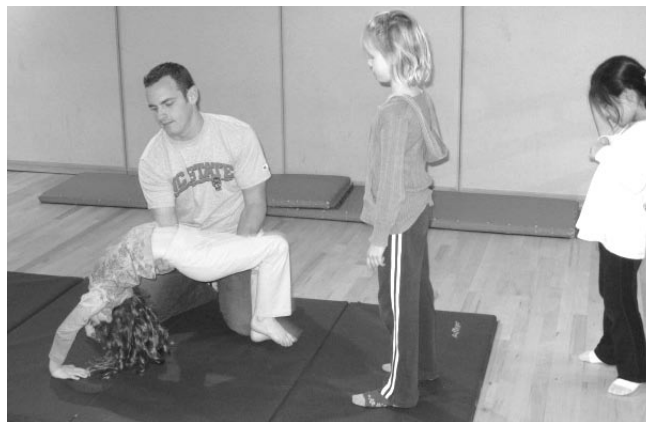
Time: 2-2:45pm

Fees: R: \$75 / NR: \$85

210102-D Class Dates: Saturdays, March 29-May 2

Time: 11:15-11:55am

Fees: R: \$75 / NR: \$85



Preschool Cheer and Tumble

Ages 3-6

Classes will cover all of the basics of cheerleading in tumbling for age and talent appropriate athletes.

Instructor: All Star Legacy **Location:** Senior Center

220405-A Class Dates: Tuesdays, January 22-April 15

(No class March 18)

Time: 4-4:45pm

Fees: R: \$150 / NR: \$160

NEW!

Left Noodle-Right Noodle

Left Noodle-Right Noodle is educational enrichment company. We creatively design programs that inspire learning by exercising both sides of the brain as well as the 5 senses! Created to include something for every type of child, Noodle programs captivate children's imaginations and provide them a place to express themselves.

Moms who hold advanced degrees in early childhood development, reading, and the arts brainstorm together to create all our unique programming. Please noodleclass.com to see more program info, photos of kids in action, awesome parent feedback, and director biographies.



Global Arts – MiniTravelers

Ages 3-5

Left Noodle-Right Noodle is proud to present Global Arts – MiniTravelers! In MiniTravelers children zoom around the world exploring music, movement, folktales, art, drama, geography, language and games in a specially designed, developmentally appropriate curriculum they are sure to love! All classes encourage children to “exercise” both sides of their brains and their five senses. All travelers will receive a passport as well as a weekly parent letter with at-home activities to expand their learning. Supply fee of \$25 is payable to the instructor at the beginning of class.

Instructor: Left Noodle Right Noodle Staff

Location: Community Room

210131-A Class Dates: Thursdays, January 31-February 28

Time: 9:30-10:20am **Fees:** R: \$75 / NR: \$85

Location: Senior Center

210131-B Class Dates: Saturdays, February 2-March 1

Time: 10-10:50am **Fees:** R: \$75 / NR: \$85

Location: Community Room

210131-C Class Dates: Thursdays, March 6-April 10
(No class March 20)

Time: 9:30-10:20am **Fees:** R: \$75 / NR: \$85

Location: Senior Center

210131-D Class Dates: Saturdays, March 8-April 20
(No classes March 15 and 22)

Time: 10-10:50am **Fees:** R: \$75 / NR: \$85



New! ART IN HANDSM Creative Exploration for Curious Kids

NEW!

Ages 3-5 years

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. The Creative Exploration class for preschoolers focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects and natural materials. All art activities are designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. Most importantly, the class offers a fun environment where children and their parent/caregiver can share the adventure of creative expression through art. ALL MATERIALS ARE INCLUDED in tuition. For more information about the program visit www.artinhand.org

Instructor: Julie Liddle, ART IN HAND

Location: Art Room

210109-A Class Dates: Thursdays, January 24-March 13

Time: 1-1:45pm **Fees:** R: \$136 / NR: \$146

210109-B Class Dates: Thursdays, April 3-May 22

Time: 1-1:45pm **Fees:** R: \$136 / NR: \$146



New! Let's Make a Story

NEW!

Ages 4-6 years

We'll read stories, do interactive interpretations and movement to music. Each session is connected to a topic and it has two parts. Your child will work on project which he or she will get to take home at the end of the second part of that session. Cost includes all supplies and a light snack which will be served with water.

Instructor: Sue John

Location: Preschool Room

Class Dates: Wednesdays

210108-A January 9 and 16: Celebrations

210108-B January 23 and 30: Winter Fun

210108-C February 6 and 13: Valentines

210108-D February 20 and 27: Is it Spring yet?

210108-E March 5 and 12: Eggs and Blossoms

210108-F April 2 and 9: Robins and other birds

210108-G April 16 and 23: Butterflies and baby animals

210108-H April 30 and May 7: Mother's Day

Time: 2-4:30pm **Fees:** R: \$42 / NR: \$52

Youth Classes

Abrakadoodle Doodlers Ages 6-12

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence! Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Instructor: Abrakadoodle Staff

Location: Art Room

210106-A Class Dates: Saturdays, January 26-March 1

Time: 1-2pm **Fees:** R: \$95 / NR: \$105

210106-B Class Dates: Saturdays, March 29-May 2

Time: 1-2pm **Fees:** R: \$95 / NR: \$105

KidSpanish™ Program Ages 5-10 **NEW!**

The KidSpanish program consists of 45 minute interactive exercises, geared towards helping children acquire the necessary tools for mastering the Spanish language through exposure to the language. It is successful at helping children communicate their ideas and needs using the Spanish language. Research on left/right brain differences, learning styles and personalities suggests that each child learns best through a combination of the four main styles of learning: Visual, Aural, Reading/Writing and Kinesthetic. Research has also shown that participation in the arts and languages enhances students' performance in other academic subjects.

Instructor: KidSpanish Certified Instructor

Location: Senior Center

Class Dates: Saturdays, January 26-March 15

221201-A 9-9:45am Kindergarten

221201-B 10-10:45am First and Second grade

221201-C 11-11:45am Third through Fifth grade

Fees: R: \$132 / NR: \$142

Class Dates: Saturdays, April 5-May 24

221201-E 9-9:45am Kindergarten

221201-F 10-10:45am First and Second grade

221201-G 11-11:45am Third through Fifth grade

Fees: R: \$132 / NR: \$142



Tumbling Class Beginner and Novice Tumbling Skills Ages 6-10

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back handsprings. Attire gym clothing. T-shirt and shorts with sneakers of kind. The lighter the better.

Instructor: All Star Legacy **Location:** Dance Studio

220403-A Class Dates: Thursdays, January 24-April 17
(No class March 20)

Time: 3:45-4:30pm

Fees: R: \$150 / NR: \$160

Beginning Baton Twirling Ages 6-13

Learn the basics of an impressive and unique skill! Students will be taught fundamentals of baton twirling as well as bodywork and marching. Baton twirling improves flexibility, coordination and confidence levels in a fun atmosphere. Baton fee of \$15 payable to the instructor at first class.

Instructor: Jessica Kubik **Location:** MEH Husky Gym

220701-A Class Dates: Mondays, January 28-April 28
(No classes February 18 and March 17)

Time: 6:30-7:15pm

Fees: R: \$91 / NR: \$101



Super Squad Cheer Team

Ages 8-12

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work- cheerleading is a sport!

Instructor: All Star Legacy

Location: Senior Center

220404-A Class Dates: Thursdays, January 24-April 17 (No class March 20)

Time: 4:30-5:15pm

Fees: R: \$150 / NR: \$160

Babysitting Fundamentals I

Ages 8 and older

Introductory course in total child care. We will discuss psychological and physical aspects of care along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: Home Economics Room at George Mason High School

221001-A Class Date: Saturday, January 26

221001-B Class Date: Saturday, April 5

Time: 9am-12 noon **Fees:** R: \$21 / NR: \$31

Back by popular demand!

Babysitting Fundamentals II

Ages 8 and older

More advanced course in total child care. We will discuss psychological and physical aspects of care in depth along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: Home Economics Room at George Mason High School

221001-C Class Dates: Saturday, February 2

221001-D Class Dates: Saturday, February 16

Time: 9am-12 noon **Fees:** R: \$21 / NR: \$31

Homework and Organization I

Ages 8 and older

This course is for students who want to take control of their learning situation. Are you tired of being told what to do? Learn how to organize your activities and environment, so that you can be more independent. Please also bring any issues that you may have with homework or organization. We will discuss learning styles and can troubleshoot your worst problems! Bring your hardest assignments or some of disorganization!

Instructor: Karen Howenstein

Location: Home Economics Room at George Mason High School

221002-A Class Dates: Saturday, February 23

221002-B Class Dates: Saturday, March 29

Time: 10am-12 noon **Fees:** R: \$14 / NR: \$24

Registration Dates
Residents: January 2
Non-Residents: January 9

Introductory Horseback Riding

Ages 8-13

NEW!

Learn the basics and fundamentals of this great sport! In this class children will learn the rules of working around horses safely, how to groom, how to mount and dismount, how to stop, start, and steer, as well as the beginning of posting the trot (jogging is involved). Long pants and smooth, hard soled shoes are required. NO tennis shoes, hiking boots, or slip-ons. Helmets are provided by the facility. Weight limit: 200 lbs.

Transportation is not provided.

Instructor: Celeste McGee of Camp Olympia Riding Center

Location: Camp Olympia Riding Center, Rockville, MD

220704-A Class Dates: Thursdays, January 24-February 28

220704-B Class Dates: Thursdays, March 27-May 1

Time: 6:30-7:20pm **Fees:** R: \$222 / NR: \$232

Beginning and Intermediate Karate

Ages 9 and older

This class builds self-confidence, provides exercise, teaches new skills, and is fun. Children and adults (including parents) are welcome. Students are taught fundamentals of self-defense including blocks, punches, and kicks common to many styles of martial arts, as well as formal forms (katas) based on traditional Korean martial arts. Continuing students learn more techniques and katas. Progress is at the student's own pace. There are no other costs (beginning students are not required to have uniforms, continuing students are expected to wear uniforms.) Additional information is available on the Internet at <http://www.StratfordKarate.org>

Instructors: Bill Kennedy and Rick Hathaway

Location: Dance Studio

250502-A Class Dates: Mondays, January 28-April 28
(No classes February 18 and March 17)

Time: 7-8pm **Fees:** R: \$84 / NR: \$94

250502-B Class Dates: Mondays, January 28-April 28
(No classes February 18 and March 17)

Time: 8:15-9:15pm **Fees:** R: \$84 / NR: \$94

Advanced Karate Ages 9 and older

This class is for senior students of martial arts. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement. Continuing students are expected to have uniforms and hand and feet protection. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to have enough experience to ensure everyone's safety. Additional information is available on the Internet at <http://www.StratfordKarate.org>

StratfordKarate.org

Instructors: Rick Hathaway and Bill Kennedy

Location: Dance Studio

250502-C Class Dates: Thursdays, January 31-April 24
(No class March 20)

Time: 7-8pm **Fees:** R: \$84 / NR: \$94

Youth Classes and Dance

Savvy Dining Skills for Children

Ages 8-12

Participants will become quite impressive at the table through this fun and interactive program. It is important for children to learn dining skills early so they can feel comfortable and confident in formal and informal dining situations. Participants will learn how to set the table, identify various utensils and tableware, table manners, proper use of napkin and utensils, American vs. European styles of dining, and more! This class is very interactive and hands-on, also including practice foods and a 3 course meal!

Instructor: Life Skills School of Etiquette, LLC

Location: Art Room

221021-A Class Dates: Tuesdays, January 22-February 26

Time: 6-7pm

Fees: R: \$125 / NR: \$135



Savvy Social Skills for Children

Ages 8-12

There is nothing more impressive than a child with exceptional social skills! Learning these skills early will boost a child's confidence, self-esteem, and comfort in various social settings, to include school, sporting events, family outings and formal occasions. Through our hands-on interactive program, participants will learn proper greetings, introductions, hand shaking, proper verbal and non-verbal communication, common courtesies, good sportsmanship, and MORE!

Instructor: Life Skills School of Etiquette, LLC

Location: Community Room

221024-A Class Dates: Thursdays, January 24-February 28

Time: 6-7pm

Fees: R: \$75 / NR: \$85

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Belly Dance Ages 13 & older

NEW!

Students will learn new movements each class, building coordination, grade, strength, and flexibility. Come discover the joy of this organic dance form and celebrate movement through an ancient, life embracing art! Learn and practice basic technique including proper stance and posture, arm carriage and patterns, fundamental shimmies, isolations, introductory undulations, and traveling steps. Choreography will be taught to incorporate new movements.

Instructor: Dream in Color Studios

Location: Dance Studio

Class Dates: Mondays, January 28-April 28 (No classes January 21, February 18, and March 17)

240243-A Teens

Time: 6:30-7:30pm

240204-A Adults

Time: 7:30-8:30pm

Fees: R: \$104 / NR: \$114

Street Jazz Ages 7-9

NEW!

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Janet Jackson, Britney Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

Instructor: Dream in Color Studios

Location: Dance Studio

220213-A Class Dates: Friday, January 25-May 2 (No class March 21)

Time: 4:30-5:30pm

Fees: R: \$157 / NR: \$167

Pre-teen Hip Hop

Ages 9-11

Instructor: Dream in Color Studios

Location: Dance Studio

220214-A Class Dates: Friday, January 25-May 2 (No class March 21)

Time: 5:30-6:30pm

Fees: R: \$157 / NR: \$167

Jazz/Hip-Hop II/III

Ages 9-11

Instructor: Beckland

Location: Dance Studio

220249-A Class Days: Friday, January 25-May 2 (No class March 21)

Time: 5:30-6:30pm

Fees: R: \$157 / NR: \$167

DANCE PROGRAMS

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5077.

- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated, if an enrolled student withdraws from the class.
- **Spring Recitals:** This semester will conclude with our two annual spring recitals. We will have one recital for Preschool A & B classes on Saturday, May 10. The second recital will be for all other classes on Saturday, May 17. Both recitals will be held at the George Mason High School auditorium and show times will be announced at a later date.
- **Costumes:** This year, all costume fees for the spring recital have been included in the class fee. The class fee includes class instruction and recital costume. Full payment for the class and costume is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. Either a household credit or a refund check will be mailed to your home for the price of the costume. A costume will not be ordered for your child.
- **Measurement Days!!** If your child is participating in the Spring Dance Recital, please attend one of the following days and have your child measured for their dance recital costume: Monday, January 14, 1:30-3:30pm; Wednesday, January 16, 6:30-8:30pm; and Thursday, January 17, 4:30-6:30pm.
- **Class Transfers:** Students will only have two weeks to transfer from one dance class into another, as space permits. After February 5, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by the second class to ensure receipt for the dance recital. Each costume is hand-made and will be shipped to the Community Center from out of state companies.
- **Falls Church Ballet Program:** All classes in the Falls Church Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.



Shoes and Attire

Ballet Classes: Ballet shoes required. Dancewear or other form-fitting clothing required.

Tap/Jazz Classes: Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Jazz Classes and Creative Dance Classes: Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Ballet/Tap/Jazz Classes: Ballet and tap shoes required. Dancewear or other form-fitting clothing required.

Dance for Musical Theater and Hip Hop: No special shoes or clothing required.

Class Dates: January 22-May 3 (No classes on January 21, February 18 and March 16-23)

Class Location: Dance Studio

Mommy and Me Ages 18-24 months

Introduction to basic stretch and creative movement for you and your child. This class is perfect to accommodate short attention spans, movement activities will be shifted frequently. Parent Participation Required.

Instructor: Dream in Color Studios

210243-A Class Days: Mondays

Time: 10:30-11am

Fees: R: \$78 / NR: \$88

Mommy and Me Ages 18-24 months

Instructor: Dream in Color Studios

210243-B Class Days: Mondays

Time: 11-11:30am

Fees: R: \$78 / NR: \$88

Preschool Dance with Me Class Age 2

This class is designed for both parents/caretakers and your preschooler. Learn dances together while having a great time!

Instructor: Culpepper

210206-A Class Days: Mondays

Time: 11:30am-12 noon

Fees: R: \$48 / NR: \$58

Dance with Me Class Grades K-3

A special time for parents/caretakers and children to enjoy exercise, music and dance together.

Instructor: Culpepper

210206-B Class Days: Wednesdays

Time: 5:30-6:15pm

Fees: R: \$84 / NR: \$94

Dance Programs

Preschool A Ages 2-3

An introduction to dance, movement and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination and rhythm. Parents or guardians must stay on premises but not in the classroom for the 2 to 3 year old class. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements.

Instructor: Culpepper
210203-A Class Days: Mondays
Time: 9:30-10am
Fees: R: \$78 / NR: \$88

Instructor: Culpepper
210203-B Class Days: Mondays
Time: 11-11:30am
Fees: R: \$78 / NR: \$88

Instructor: Dream in Color Studios
210203-J Class Days: Wednesdays
Time: 9:30-10am
Fees: R: \$114 / NR: \$124

Instructor: Dream in Color Studios
210203-G Class Days: Wednesdays
Time: 10-10:30am
Fees: R: \$114 / NR: \$124

Instructor: O'Hara
210203-C Class Days: Thursdays
Time: 12:30-1pm
Fees: R: \$86 / NR: \$96

Instructor: Foster
210203-E Class Days: Saturdays
Time: 9:30-10am
Fees: R: \$82 / NR: \$92

Preschool B Ages 3-4

An introduction to dance, movement and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom for the 2 to 3 year old class. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

Instructor: Culpepper
210203-P Class Days: Mondays
Time: 10-10:45am
Fees: R: \$102 / NR: \$112

Instructor: Culpepper
210203-N Class Days: Mondays
Time: 3-3:45pm
Fees: R: \$102 / NR: \$112

Instructor: Ohr
210203-O Class Days: Mondays
Time: 3:45-4:30pm
Fees: R: \$102 / NR: \$112

Instructor: Dream in Color Studios
210203-I Class Days: Wednesdays
Time: 10:30-11:15am
Fees: R: \$142 / NR: \$152

Instructor: Dream in Color Studios
210203-M Class Days: Wednesdays
Time: 11:30am-12:15pm
Fees: R: \$142 / NR: \$152

Instructor: O'Hara
210203-H Class Days: Thursdays
Time: 1-1:45pm
Fees: R: \$114 / NR: \$124

Instructor: Foster
210203-K Class Days: Saturdays
Time: 11:15am-12 noon
Fees: R: \$108 / NR: \$118

Preschool C Ages 4-5

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

Instructor: Culpepper
210203-D Class Days: Mondays
Time: 12 noon-12:45pm
Fees: R: \$107 / NR: \$117

Instructor: Ohr
210203-L Class Days: Mondays
Time: 3-3:45pm
Fees: R: \$107 / NR: \$117

Instructor: Culpepper
210203-U Class Days: Mondays
Time: 3:45-4:30pm
Fees: R: \$107 / NR: \$117

Instructor: Dream in Color Studios
210203-F Class Days: Wednesdays
Time: 12:15-1pm
Fees: R: \$147 / NR: \$157

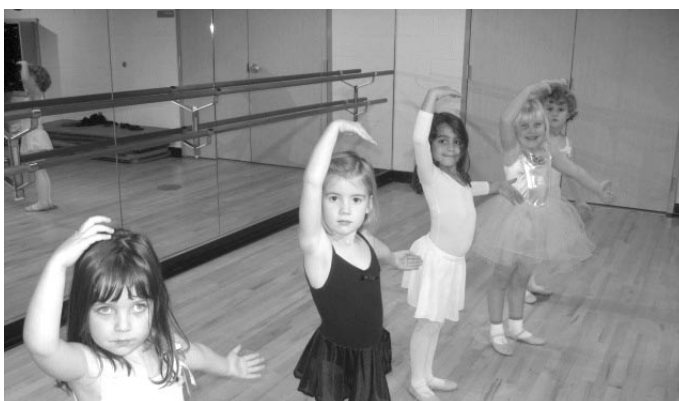
Instructor: O'Hara
210203-S Class Days: Thursdays
Time: 1:45-2:30pm
Fees: R: \$119 / NR: \$129

Instructor: Dream in Color Studios
210203-E Class Days: Fridays
Time: 9:30-10:15am
Fees: R: \$147 / NR: \$157

Instructor: Dream in Color Studios
Location: Dance Studio
210203-R Class Days: Fridays
Time: 10:30-11:15am
Fees: R: \$147 / NR: \$157

Instructor: Beckland
210203-T Class Days: Fridays
Time: 3:30-4:15pm
Fees: R: \$119 / NR: \$129

Instructor: Foster
210203-Q Class Days: Saturdays
Time: 12 noon-12:45pm
Fees: R: \$113 / NR: \$123



Class Dates: January 22-May 3
(No classes on January 21,
February 18 and March 16-23)
Class Location: Dance Studio

Level I

Kindergarten-1st graders

No experience necessary. Many ballet classes are coordinated with a Tap Jazz I class for your convenience. Also see the Ballet Program courses for additional classes offered for this age group.

Ballet/Tap/Jazz I

Instructor: Newton
220254-A Class Days: Mondays
Time: 4:30-5:30pm
Fees: R: \$156 / NR: \$166

Ballet I

Instructor: TBA
220220-A Class Days: Tuesdays
Time: 4:15-5:15pm
Fees: R: \$157 / NR: \$167

Ballet/Tap/Jazz I

Instructor: O'Hara
220254-B Class Days: Tuesdays
Time: 5:15-6:15pm
Fees: R: \$172 / NR: \$182

Hip Hop I

Instructor: Dream in Color Studios
220216-A Class Days: Wednesdays
Time: 7:15-8:15pm
Fees: R: \$157 / NR: \$167

Tap/Jazz I

Instructor: Dream in Color Studios
220238-A Class Days: Thursdays
Time: 4:15-5pm
Fees: R: \$157 / NR: \$167

Ballet I

Instructor: Culpepper
220220-B Class Days: Thursdays
Time: 4:30-5:15pm
Fees: R: \$129 / NR: \$139

Tap/Jazz I

Instructor: Culpepper
220238-B Class Days: Thursdays
Time: 5:15-5:45pm
Fees: R: \$101 / NR: \$111

Boys Tap/Jazz I

Instructor: Dream in Color Studios
210217-A Class Days: Thursdays
Time: 5:45-6:30pm
Fees: R: \$157 / NR: \$167

Ballet/Tap/Jazz I

Instructor: Beckland
220254-C Class Days: Fridays
Time: 4:30-5:30pm
Fees: R: \$172 / NR: \$182

Ballet/Tap/Jazz I

Instructor: Foster
220254-D Class Days: Saturdays
Time: 10:15-11:15am
Fees: R: \$172 / NR: \$182

Ballet I

Instructor: Autor
220220-C Class Days: Saturdays
Time: 1-2pm
Fees: R: \$157 / NR: \$167

Level A

Kindergarten-3rd graders

No experience necessary.

Dance for Musical Theatre I/II

Instructor: O'Hara
220260-A Class Days: Tuesdays
Time: 4:15-5:15pm
Fees: R: \$157 / NR: \$167

Ballet I/II

Instructor: Dream in Color Studios
220219-A Class Days: Wednesdays
Time: 5-6pm
Fees: R: \$157 / NR: \$167

Ballet I/II

Instructor: Dream in Color Studios
220219-B Class Days: Wednesdays
Time: 6-7pm
Fees: R: \$157 / NR: \$167



Level II

2nd-3rd graders

No experience necessary.

Dance for Musical Theatre II/III

Instructor: Ohr
220260-B Class Days: Mondays
Time: 4:30-5:30pm
Fees: R: \$141 / NR: \$151

Tap/Jazz II

Instructor: Dream in Color Studios
220243-A Class Days: Thursdays
Time: 5-5:45pm
Fees: R: \$157 / NR: \$167

Level III

2nd-6th graders

No experience necessary.

Ballet II/III

Instructor: Newton
220222-A Class Days: Mondays
Time: 5:30-6:30pm
Fees: R: \$141 / NR: \$151

Creative Dance II/III

Instructor: Culpepper
240223-A Class Days: Wednesdays
Time: 6:15-7:15pm
Fees: R: \$157 / NR: \$167

Jazz II/III

Instructor: Dream in Color Studios
220245-A Class Days: Wednesdays
Time: 7-8pm
Fees: R: \$157 / NR: \$167

Hip Hop II/III

Instructor: Dream in Color Studios
220217-A Class Days: Wednesdays
Time: 8:15-9:15pm
Fees: R: \$157 / NR: \$167

Ballet/Tap/Jazz II/III

Instructor: Culpepper
220229-A Class Days: Thursdays
Time: 5:45-7pm
Fees: R: \$200 / NR: \$210

Class Dates: January 22-May 3
 (No classes on January 21,
 February 18 and March 16-23)

Class Location: Dance Studio

Ballet Programs

The following classes are designed for students who want to pursue a more intensive ballet program. Registration for Elementary, Intermediate Ballet, Advanced Ballet and Pointe requires a written referral from the instructor prior to registration. Current Ballet Program students are eligible to register for the level in which they were placed for the fall semester. Students who are currently in other classes but wish to be in the Ballet Program may be placed by a previous instructor. Students who are new to our program will need to contact us to determine the best placement. Students must be proficient in appropriate steps at the specific level and have instructor's approval in order to advance to the next level. It is required all students wear leather or canvas ballet slippers with leather sole. Leotards required. For more information, please email everybodydance07@gmail.com.

Elementary Ballet

Instructor placement required. This ballet class is intended for students approximately ages 6 to 9 who are seeking a more serious ballet class. With a stronger focus on technique and precision, this class requires a longer attention span and high motivation to learn.

Instructor: Culpepper

220227-B Class Days: Wednesdays

Time: 4:30-5:30pm **Fees:** R: \$157 / NR: \$167

Intermediate Ballet

Instructor placement required. For students 8 and older with previous ballet training who have mastered the basic ballet positions and posture, and who possess developmental readiness for a more rigorous program. Students will be placed in either Intermediate I or Intermediate II. Students in Intermediate II must attend Thursday class, and taking the Tuesday class as well is strongly recommended. Intermediate I students must take Tuesday class, and have the option of attending the Thursday class as well.

Intermediate I

Instructor: Dehart

220226-A Class Days: Tuesdays (Required)

Time: 5:15-6:15pm **Fees:** R: \$157 / NR: \$167

Instructor: Autor

220226-B Class Days: Thursdays

Time: 6:45-7:30pm **Fees:** R: \$123 / NR: \$133

Intermediate II

Instructor: Autor

220226-C Class Days: Thursdays (Required)

Time: 6:45-8pm **Fees:** R: \$175 / NR: \$185

Instructor: Dehart

220226-D Class Days: Tuesdays

Time: 5:15-6pm **Fees:** R: \$123 / NR: \$133

Advanced Ballet

Instructor placement required. A high-level ballet class for students with extensive ballet training, muscle maturity and the strength and endurance required for an extremely rigorous ballet program. Students must attend both classes unless other arrangements have been made with Instructor.

Instructor: Autor

220225-A Class Days: Thursdays

Time: 8-9pm **Fees:** R: \$180 / NR: \$190

Instructor: Autor

220225-C Class Days: Saturdays

Time: 10:15-11:45am **Fees:** R: \$224 / NR: \$234

Pointe and Pre-Pointe

Instructor placement required. A high-level ballet class for students with extensive ballet training, muscle maturity and the strength and endurance required for an extremely rigorous ballet. Students must attend both the Monday and Saturday class times unless other arrangements are made with instructor. The Thursday class is encouraged, but is optional.

Instructor: Clay

240239-A Class Days: Mondays (required)

Time: 5:30-7pm **Fees:** R: \$204 / NR: \$214

Instructor: Autor

240239-B Class Days: Thursdays

Time: 8-9pm **Fees:** R: \$320 / NR: \$330

Instructor: Autor

240239-C Class Days: Saturdays (required)

Time: 10:15am-12:45pm **Fees:** R: \$268 / NR: \$278



Class Dates: January 22- May 3
(No classes on January 21, February 18
and March 16-23)

Class Location: Dance Studio

Winter Break Camps

All American Sports Camp

Ages 6-11

This is a fun and exciting sports camp geared towards children. The camp encompasses skill instruction in a variety of sports from passing, catching, and dribbling.

Location: Falls Church Community Center Gym

181401-C Camp Dates: Wednesday-Friday, December 26-28

Time: 9am-3pm

Fees: R: \$95 / NR: \$105

AM Extended Care 7-9am \$15 **189991-A**

PM Extended Care 3-6pm \$20 **189992-A**



The Mini Doodlers: Colorama

(1/2 day camp) Ages 3-6

Get messy or stay clean but don't let the chance to express yourself go by. Today's the day to add a little color to your life! Jump into a painting with Jackson Pollock or help Picasso create Le Bouquet. A \$20 materials fee due the first day of camp, make checks payable to Abrakadoodle. *Extended care is not available for the half-day session.*

Location: Art Room

181403-C Camp Dates: Wednesday-Friday, December 26-28

Time: 9am-12 noon

Fees: R: \$100 / NR: \$110

The Doodlers Camp: Colorama

Ages 6-12

Get messy or stay clean but don't let the chance to express yourself go by. Today's the day to add a little color to your life! Jump into a painting with Jackson Pollock or help Picasso create Le Bouquet. A \$20 materials fee due the first day of camp, make checks payable to Abrakadoodle.

Location: Community Room

181403-B Camp Dates: Wednesday-Friday, December 26-28

Time: 9am-3pm

Fees: R: \$150 / NR: \$160

AM Extended Care 7-9am \$15 **189991-A**

PM Extended Care 3-6pm \$20 **189992-A**

Registration is
open now for winter break
camps and the New Year's
Eve Extravaganza!!

Register Now! New Year's Eve Extravaganza for Middle School Students

This is your exclusive invite to the ultimate New Year's extravaganza at the Falls Church Community Center. Come party with us and celebrate New Year's Eve at the coolest place in Falls Church. The DJ will be spinning the latest dance classics and hip-hop tunes for you to get your groove on. There will be an obstacle course, a gladiator joust, a ladder climb, and a moon bounce. Join us for food, games, door prizes and much, much more.

Date: Monday, December 31, 2007 **Time:** 7pm-1am

Early Bird Special (November 1-December 9): \$10

141503-A

Regular Admission (December 10-December 30): \$15

141503-B

Night of the Event (December 31): \$20

141503-C

Parent Chaperone & Child** FREE

141503-D

****Chaperones must volunteer for a minimum of three hours****



Spring Break Camps

The Mini Doodlers: Buzz, Ribit and Roar (1/2 day camp) Ages 3-6

Let's get into nature with fish, frogs, bugs, turtles and dinosaurs! Create your own wild and wacky world with these fun lessons while learning about Paul Klee, Korky Paul, and more! A \$40 materials fee due the first day of camp, make checks payable to Abrakadoodle. *Extended care is not available for the half-day session.*

Location: Art Room

281402-A Camp Dates: Monday-Friday, March 17-21

Time: 9am-12 noon **Fees:** R: \$150 / NR: \$160

The Doodlers Camp: Buzz, Ribit and Roar Ages 6-12

Let's get into nature with fish, frogs, bugs, turtles and dinosaurs! Create your own wild and wacky world with these fun lessons while learning about Paul Klee, Korky Paul, and more! A \$40 materials fee due the first day of camp, make checks payable to Abrakadoodle.

Location: Community Room

281402-B Camp Dates: Monday-Friday, March 17-21

Time: 9am-3pm **Fees:** R: \$250 / NR: \$260

AM extended care 7-9am \$20 **281405-A**

PM extended care 3-6pm \$25 **281406-A**

The "Ninja Rangers- A Warriors Call" Ages 5-15

The class is designed to help students utilize their full range of imagination and problem solving skills. It also develops their self respect and confidence through individual attention and encouragement, and teaches them respect and the abilities and rights of their peers through a healthy and competitive curriculum.

Location: Dance Studio

281403-A Camp Dates: Monday-Friday, March 17-21

Time: 9am-3pm **Fees:** R: \$200 / NR: \$210

AM extended care 7-9am \$20 **281405-A**

PM extended care 3-6pm \$25 **281406-A**

Giant Basketball Academy Ages 6-14

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach fundamentals of basketball for boys and girls ages 6-14. The camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills, and competitions to further develop all-around players.

Location: Falls Church Community Center gym

281400-A Camp Dates: Monday-Friday, March 17-21

Time: 9am-3pm **Fees:** R: \$95 / NR: \$105

AM extended care 7-9am \$20 **281405-A**

PM extended care 3-6pm \$25 **281406-A**

Middle School Spring Break Excursion Camp Grades 5-7

Campers will go rock climbing, biking, horseback riding, Day Quest, and caving. This camp is for 5-7th graders. Transportation is provided. The daily times for the camps vary please refer to an information packet for details. Campers will depart from the lobby in the Falls Church Community Center.

281407-A Camp Date: Monday-Friday, March 17-21

Time: 9am-3pm **Fees:** R: \$250 / NR: \$260

AM extended care 7-9am \$20 **281405-A**

PM extended care 3-6pm \$25 **281406-A**

Camp Olympia Horseback Riding Camp Ages 8-15

This camp is for all levels of ability from beginners to advanced. Riders will ride twice a day every day except Thursday (riding will be one time due to a hike/ picnic lunch), plus participate in the following activities every day: balance and coordination exercises, grooming the horses, tacking up, cleaning the barn and tack, plus other horse related activities. Great fun and learning for all. An information packet is available at the time of registration. *Extended Care is not available for this camp*

Location: Community Center Lobby

241424-B Camp Dates: Monday-Friday, March 17-21

Time: 8am-5pm **Fees:** R: \$445 / NR: \$455

241424-A Camp Dates: Monday-Friday, March 24-28

Time: 8am-5pm **Fees:** R: \$445 / NR: \$455



Cosmic Bowling

Cosmic bowling features late night futuristic theme of globe lights, spotlights and disco music. The latest pop culture soundtracks will be in heavy rotation. The fee includes shoe rental and games.

241406-A Trip Date: Friday, January 11

Time: 10pm-12 midnight **Fee:** \$30

Ultrazone Laser Tag

Take cover! Lasers are everywhere in this competitive romp through 21st century technology. Contend against the other team while you vie for top score over your teammates. Please bring \$6 per game.

241439-A Trip Date: Wednesday, January 23

Time: 3-7pm **Fee:** \$15

Snow Tubing at Whitetail

Take a snow day and join us at Whitetail Ski Resort. Enjoy four hours of tubing. The fee includes a pizza party and four hours of tubing. Bring a change of clothes and money for snacks. Waivers are required.

241411-A Trip Date: Monday, January 21

Time: 9am-7pm **Fee:** \$61

Ski and Snow Board Trip at Whitetail

Grab your winter gear and hit the slopes with us at Whitetail Ski Resort. All packages include a meal voucher. Waivers are required.

Trip Date: Monday, January 28 **Time:** 8am-8pm

241401-A Lift Ticket Only: \$73

Provides access to all open lifts and trails.

241401-B Learn to Ski Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-D Learn to Snowboard Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-C All Mountain Ski Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

241401-E All Mountain Snowboard Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

Spy Museum

Are you good enough to be in the CIA? Have you ever thought being a FBI Agent? Come and learn about agent recruitment and the challenges of living a life undercover from former KGB officers. Please bring cash for the entrance fee the day of the event.

241413-A Trip Date: Wednesday, January 30

Time: 3-8pm **Fee:** \$5

Sport Rock

If you do not already know how to rock climb, then the people at Sportrock can teach you. In order to climb, you must dress in sturdy, loose fitting clothes and wear sneakers. Waivers are required.

241419-A Trip Date: Wednesday, February 6

Time: 3-7pm **Fee:** \$40

Great Blacks in Wax Museum

In celebrating Black History month, come with us to visit the National Great Blacks in Wax Museum, America's first and only wax museum of African American history and culture. Please bring \$27 for admission and money for metro.

241467-A Trip Date: Tuesday, February 12

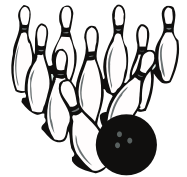
Time: 3-7pm **Fee:** \$5

Cosmic Bowling

Cosmic bowling features late night futuristic theme of globe lights, spotlights and disco music. The fee includes shoe rental and games.

241406-B Trip Date: Friday, February 15

Time: 10pm-12 midnight **Fee:** \$30



Hogback's Mountain Paintball

Ready, Aim, Fire! Take aim at your friends at one of a top rated paintball resort in the area. Come out and enjoy a day of playing paintball. Please bring \$5 for lunch and money for extra paintballs.

241448-A Trip Date: Monday, February 18

Time: 9am-6pm **Fee:** \$60

Planet Play at Springfield Mall

Looking for a great place to come to have a blast? Planet Play at Springfield Mall has something for everyone! They have Laser Tag, bumper cars, videos game, and much more. Please bring money for food and for the video games.

241427-A Trip Date: Wednesday, February 20

Time: 3-8pm **Fee:** \$30

Middle School Dances

The Recreation and Parks Department sponsors monthly middle school dances for 6th-8th graders to dance, socialize, and chill. Admission to the dance is \$3, and parents must sign you out at the end of the evening.

Location: Gym

Dates: Saturdays, January 19, February 9, March 8, April 12, and May 10

Time: 7:30-10:30pm **Fee:** \$3

Middle School Trips

Ski and Snow Board Trip at Ski Liberty

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. All packages include a meal voucher. Waivers are required.

Trip Date: Saturday, February 23

Time: 8am-8pm

241403-A Lift Ticket Only: \$73

Provides access to all open lifts and trails.

241403-B Learn to Ski Package: \$88

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241403-D Learn to Snowboard Package: \$88

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241403-C All Mountain Ski Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

241403-E All Mountain Snowboard Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

Washington Wizards

Verizon Center is calling all Wizards fans! Come see Gilbert Arenas and his phenomenal swag take on the Orlando Magic. Please bring money for the metro and snacks.

241465-A Trip Date: Wednesday, March 7

Time: 5-11pm

Fee: \$50

Washington Zoo

Lions, Tigers, and Bears, oh my! Only at the Washington Zoo can you see all of these animals. Please bring \$5 for the Metro and food/souvenirs.

241423-A Trip Date: Monday, March 10

Time: 3-7pm

Fee: Free



ESPN Zone

Do you like sports? Do you like food? Do you like video games? Come with us to the ESPN Zone where you watch sports, get some great food, and play cool sports games. Please bring money for metro, games, and food!

241418-A Trip Date: Thursday, March 13

Time: 3-8pm

Fee: Free

Swimming

Do you like to swim? Wish it were warm outside to swim? Though the outdoor pool isn't open, we will be going to Cub Run RECenter to go swimming. Please bring \$9 the day of the trip.

241421-A Trip Date: Thursday, April 3

Time: 3-7pm

Fee: \$15

Horseback Riding

Do you like horses? Have you ever wanted to ride a horse? Come out to Rock Creek Park and try skill at horseback riding; no experience needed!

241405-A Trip Date: Monday, April 14

Time: 10am-5pm

Fee: \$45

Ultimate IMAX and Planetarium

Imagine the experience of wondering what the galaxy is like from the comfort of a reclining chair with the ultimate media system. Then join us at the Smithsonian Udvar-Hazy Center for an IMAX film and planetarium adventure. Please bring \$10 for an IMAX movie ticket.

241456-A Trip Date: Thursday, April 17

Time: 3-8pm

Fee: \$14

Hiking at Great Falls

Picture this! Picture the sound of a gushing waterfall, the view of the mountains range, and the smell of the great outdoors.

241410-A Trip Date: Wednesday, April 23

Time: 3-7pm

Fee: \$11

Mini Golf at Jefferson Falls

How's your golf game? You think you could beat Tiger Woods? Prove your skills at Jefferson Falls Mini Golf. Please bring \$5 per game.

241431-A Trip Date: Monday, May 5

Time: 3:30-6:30pm

Fee: \$10

Adventure Park USA

The park's Western theme infiltrates all of the store fronts, the golf courses, the laser tag, and even the paint ball field. Please bring money for games, food, and souvenirs.

241479-A Trip Date: Friday, May 9

Time: 3:30-10:30pm

Fee: \$30

Tubing on the Shenandoah River

Do you enjoy being lazy? Then we have the event for you.

Enjoy a warm relaxing Saturday afternoon floating in an inner tube down the Shenandoah River in Luray, VA. Please bring a lunch. Waivers are required.

241480-A Trip Date: Saturday, May 17

Time: 9am-7pm

Fee: \$30

Midnight Madness

Where can you play cool games and tournaments, eat lots of food, watch scary movies, and hangout with friends? Only at Midnight Madness! Here's your chance to have fun and be safe. Once you enter the facility, you may not leave without a parent.

Dates: Fridays, January 25, February 22, March 28, April 28, and May 23

Time: 7pm-12 midnight **Fee:** Free

Washington Capitals Game

Ever wanted to see the great Alexander Ovechkin play hockey? Here is your opportunity to see him and his fellow Washington Capitals live as they take on the Edmonton Oilers at the Verizon Center. Please bring money for the metro and snacks.

241449-A Trip Date: Thursday, January 17

Time: 5-10pm

Fee: \$40



Ski and Snow Board Trip at Whitetail

Grab your winter gear and hit the slopes with us at Whitetail Ski Resort. All packages include a meal voucher. Waivers are required.

Trip Date: Monday, January 28

Time: 8am-8pm

241401-A Lift Ticket Only: \$73

Provides access to all open lifts and trails.

241401-B Learn to Ski Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-D Learn to Snowboard Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-C All Mountain Ski Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

241401-E All Mountain Snowboard Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.



Ski and Snow Board Trip at Ski Liberty

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. All packages include a meal voucher. Waivers are required.

Trip Date: Saturday, February 23

Time: 8am-8pm

241403-A Lift Ticket Only: \$73

Provides access to all open lifts and trails.

241403-B Learn to Ski Package: \$88

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241403-D Learn to Snowboard Package: \$88

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241403-C All Mountain Ski Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

241403-E All Mountain Snowboard Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

Hogback's Mountain Paintball

Ready, Aim, Fire! Take aim at your friends at one of a top rated paintball resort in the area. Come out and enjoy a day of playing paintball. Please bring \$5 for lunch and money for extra paintballs.

241448-B Trip Date: Monday, February 18

Time: 9am-6pm

Fee: \$60

Washington Wizards

Verizon Center is calling all Wizards fans! Come see Gilbert Arenas and his phenomenal swag take on the Orlando Magic. Please bring money for the metro and snacks.

241465-B Trip Date: Wednesday, March 7

Time: 5-11pm

Fee: \$50

Dave and Busters

Remember going to Chuck E Cheese as a child, eating pizza and playing video games. Sorry, we are not going to Chuck E Cheese; instead we are going to Dave and Busters. Dave and Busters is the place to go to play the latest games and eat great food. Please bring money for food and for games.

241477-A Trip Date: Tuesday, April 8

Time: 3-9pm

Fee: \$20

Mountain Biking

Looking for some high adventure? Do you like to ride your bike? Come and join us as we go mountain biking. It is a great way to get some exercise and enjoy the outdoors. Waivers are needed.

241422-A Trip Date: Saturday, April 26

Time: 9am-6pm

Fee: \$60

Adventure Park USA

The park's Western theme infiltrates all of the store fronts, the golf courses, the laser tag, and even the paint ball field. Please bring money for games, food, and souvenirs.

241479-B Trip Date: Friday, May 9

Time: 3:30-10:30pm

Fee: \$30

Mini Golf at Jefferson Falls



How's your golf game? You think you could beat Tiger Woods or Annika Sorenstam? Prove your skills on the putting green at Jefferson Falls Mini Golf. Please bring \$5 per game.

241431-A Trip Date: Tuesday, May 20

Time: 3:30-6:30pm

Fee: \$10

Youth Sports

Start Smart Soccer Ages 3-4



Registration begins: February 4 until clinic is filled.

Start Smart Soccer is a developmentally appropriate introductory soccer program for children ages 3-4. The program prepares children for organized soccer in a fun, non threatening environment. Start Smart Soccer prepares children and their

parents for organized soccer without the threat of competition or the fear of getting hurt. Parent participation is required.

Spring Soccer Ages 5-14

Registration: February 4-March 9

Teams will be formed by age groups. Practices and games are held on nearby fields, times vary by teams. Volunteer coaches are always needed. Call 703-248-5077 for registration, fees, and league information.



Hershey Track & Field Meet Ages 9-14

Run Forrest Run!!!! The Falls Church local qualifying meet for the Hershey Track& Field will be held at George Mason High School on Sunday May 18 (Rain date, Monday May 19). Registration begins April 7. All registrants will need a copy of their birth certificate. Volunteers are needed!



Basketball Competition Ages 9-17

Come test your shooting abilities in early February at the 2008 Free Throw/3pt Shootout Competition. Keep your eyes open for flyers about this event. The event will be held on a Friday evening at the Falls Church Community Center. This event is free of charge and all kids ages 9-17 are encouraged to attend.

Falls Church Youth Lacrosse Club

Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Boys and girls, beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia.

Practices begin in early-March and the season concludes with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at

www.fclaxclub.com starting today until January 31, don't delay. Volunteer coaches needed.



Falls Church Kiwanis Little League (FCKLL) Ages 5-12

Falls Church Kiwanis Little League (FCKLL) offers boys and girls an opportunity to learn the game of baseball, understand the value of teamwork and experience what good

sportsmanship is all about. Registration for the 2008 Spring season is as follows: January 12, 9:30am-3pm; January 19, 9:30am-3pm; January 23, 6:30-9pm. Teams are formed in early March. To register online, go to www.FCKLL.org. For further information call 703-893-4619.





Spring Co-Ed Volleyball Adults

Registration: February 4–March 9 (Teams Only)
Bump, set, and spike your way over to Falls Church and get your team signed up for one of the up and coming leagues. Falls Church offers one of the top facilities to play volleyball in the area and a fun, competitive environment.

League play begins in early April. Various levels of competition are offered. Call 703-248-5077 for registration form, fees, and league rule information.

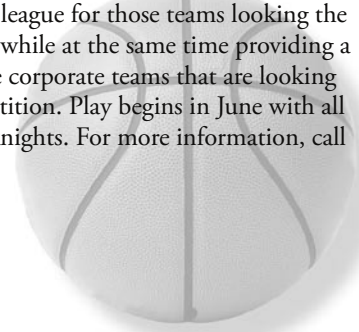
Spring Co-Ed Softball Adults

Registration: February 4–April 13 (Teams Only)
Coed softball play begins in early May with games played on Sundays with some weeknight games. Games will be played at George Mason High School and Thomas Jefferson Elementary School. Two Various levels of competition are offered. Call 703-248-5077 for registration form, fees, and league rule information.

**Also see Fencing classes
on page 32.**

Summer Basketball League Adults

Registration: March 31–May 4 (Teams Only). Come on out hoop it up in one of the strongest adult basketball leagues in the Northern Virginia area. With 3 levels of competition and games being played in quality High School gyms, Falls Church Rec & Parks offers a quality league for those teams looking the bet competition in the area, while at the same time providing a quality atmosphere for those corporate teams that are looking for more recreational competition. Play begins in June with all games being played on weeknights. For more information, call 703-248-5077.



TENNIS LESSONS by APPOINTMENT:

Ages 4 through Adult

March 1 – November 1

Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. Call 703-867-1970 or visit www.tenniseveryone.net for more information, including program and racket recommendations.



31st Annual Falls Church Open Tennis Tournament

Registration will start April 14. The tournament will be played May 19–June 22. Players schedule their own matches within a specified amount of time. Additional information can be found at local tennis courts in the city or by contacting the Falls Church Community Center.

Tots (Intro to Tennis) Ages 4-5

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required.

Reserved rain dates are May 28, May 29, June 4, and June 5.

Instructor: FirstServe Tennis Academy

Location: Cavalier Trail Park

220901-A Class Dates: Wednesdays, April 2-May 21

Time: 1:30-2:15pm **Fees:** R: \$144 / NR: \$154

220901-B Class Dates: Thursdays, April 3-May 22

Time: 2:15-3pm **Fees:** R: \$144 / NR: \$154

Tennis I Fundamentals Ages 6-13

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. May 28 and June 4 are reserved as rain dates.

Instructor: FirstServe Tennis Academy

Location: Cavalier Trail Park

Class Dates: Wednesdays, April 2-May 21

220902-A 2:30-3:30pm Ages 6-8

220902-B 3:30-4:30pm Ages 8-10

220902-C 4:30-5:30pm Ages 10-13

Fees: R: \$144 / NR: \$154



Tennis II Intro to Competitive Tennis Ages 7-10

The program is designed to help younger players along the path to high school tennis through match-based games and drilling. For players who have mastered the basic strokes covered in Tennis I. May 28 and June 4 are reserved as rain dates.

Instructor: FirstServe Tennis Academy

Location: Cavalier Trail Park

220903-A Class Dates: Wednesdays, April 2-May 21

Time: 5:30-7pm **Fees:** R: \$192 / NR: \$202

Tennis Team: Drill and Match Play League Ages 10-13

The program is designed to develop all the skills required of a high school tennis player. All players will participate in weekly matches. **Sessions 1 and 2 can be combined to give students more on-court experience. Players taking both sessions receive a tennis racket bag.**

May 29, June 2, 5 and 9 are reserved as rain dates.

Instructor: FirstServe Tennis Academy

SESSION 1

Location: Cavalier Trail Park

220905-A Class Dates: Mondays, March 31-May 19

Time: 5:30-7pm **Fees:** R: \$192 / NR: \$202

SESSION 2

Location: Community Center

220905-B Class Dates: Thursdays, April 3-May 22

Time: 5:30-7pm **Fees:** R: \$192 / NR: \$202

Tennis Team: Drill and Match Play League Ages 14-18

Emphasis placed applying skills in match play through tactics and strategy. All players will participate in weekly matches.

Sessions 1 and 2 can be combined to give students more on-court experience. Players taking both sessions will receive a tennis racket bag. Rain dates: May 9, June 1, 5 and June 8.

Instructor: FirstServe Tennis Academy

SESSION 1

Location: George Mason High School

220905-C Class Dates: Sundays March 30-May 18

Time: 1-2:30pm **Fees:** R: \$192 / NR: \$202

SESSION 2

Location: Cavalier Trail Park

220905-D Class Dates: Thursdays, April 3-May 22

Time: 3:30-5pm **Fees:** R: \$192 / NR: \$202

Adult Beginner Tennis I Ages 18 and up

Students learn/review the fundamental strokes: forehand, backhand, volleys, and serve. May 28 and June 4 are reserved as rain dates.

Instructor: FirstServe Tennis Academy

Location: Cavalier Trail Park

Class Dates: Wednesdays, April 2-May 21

250905-A AM Session

Time: 9:30-10:45am **Fees:** R: \$200 / NR: \$210

250905-B PM Session

Time: 7-8:30pm **Fees:** R: \$200 / NR: \$210

Adult Advanced Beginner / Intermediate: Tennis II Ages 18 and up

Students refine stroke production with an emphasis on rallying, tactics and match play. Reserved rain dates are May 28, May 29, June 4, and June 5.

Instructor: FirstServe Tennis Academy

Location: Cavalier Trail Park

250906-A Class Dates: Wednesdays, April 2-May 21

Time: 10:45am-12 noon **Fees:** R: \$200 / NR: \$210

Location: Community Center

250906-B Class Dates: Thursdays, April 3-May 22

Time: 7-8:30pm **Fees:** R: \$240 / NR: \$250

Adult Intermediate/Advanced PM: Tennis III Ages 18 and up

Techniques for improved shot making and tactics-based drilling combine with match play. May 29 and June 5 are reserved as rain dates.

Instructor: FirstServe Tennis Academy

Location: Community Center

250907-A Class Dates: Thursday, April 3-May 22

Time: 8:30-10pm **Fees:** R: \$240 / NR: \$250

Jewelry Making and Knitting

Fun and Funky Jewelry Ages 13-17 **NEW!**

Learn the basic techniques for making your own unique jewelry. Using simple tools and fun materials such as leather cord, organza ribbon, and funky art glass beads, you will make a simple pendant and cord combination, as well as a festive multi-strand bracelet with dangling beads, and matching earrings. Tools and beading boards will be provided for use during class, and are available for purchase at the end of class. Supply fee of \$25 is payable to the instructor at the beginning of class. View samples or contact the instructor with questions at www.joidebeads.com.

Instructor: Cathy Soltys of Joie de Beads by Cathy

Location: Teen Center

240127-A Class Dates: Thursday, February 28

Time: 7-9pm **Fees:** R: \$40 / NR: \$50

Location: Community Room

240127-B Class Dates: Sunday, April 30

Time: 1-3pm **Fees:** R: \$40 / NR: \$50

Basic Beading for Beginners Adults **NEW!**

Learn the basic techniques for making your own unique jewelry. Using simple tools and quality materials, you will string and finish your own beaded necklace, bracelet, and matching earrings. At the beginning of class, you will have an opportunity to choose from a selection of semi-precious gemstone beads, art glass beads, crystal beads, freshwater pearls, and sterling silver components to create a set that is just right for you! Tools and beading boards will be provided for use during class, and are available for purchase at the end of class. Supply fee of \$25 is payable to the instructor at the beginning of class. View samples or contact the instructor with questions at www.joidebeads.com.

Instructor: Cathy Soltys of Joie de Beads by Cathy

Location: Community Room

250131-A Class Dates: Sunday, February 3

Time: 2-4pm **Fees:** R: \$40 / NR: \$50

Location: Art Room

250131-B Class Dates: Thursday, March 27

Time: 7-9pm **Fees:** R: \$40 / NR: \$50

More Beading Techniques Adults **NEW!**

Building on the techniques learned in Basic Beading, you will learn how to work with materials such as leather cord, organza ribbon, and simple wire wrapping techniques. You will make a simple pendant and cord combination, as well as a festive multi-strand bracelet with dangling beads, and earrings, using the same components listed in the Basic Beading class description. You will have an opportunity to choose some of your beads at the beginning of class. Projects not finished in class can be completed at home. Please bring any tools that you have. However, tools and beading boards will be available for use during class, and may be purchased at the end of class. Supply fee of \$25 is payable to the instructor at the beginning of class.

Instructor: Cathy Soltys of Joie de Beads by Cathy

Location: Community Room

250130-A Class Dates: Sunday, February 17

Time: 2-4pm **Fees:** R: \$40 / NR: \$50

Location: Senior Center

250130-B Class Dates: Thursday, April 10

Time: 7-9pm **Fees:** R: \$40 / NR: \$50

Create Your Own Illusion Adults **NEW!**

Love the look of pearls floating around your neck? Make a stunning 3-strand illusion necklace, using freshwater pearls and semi-precious gemstones strung on clear nylon. You will choose your own components at the beginning of class, to create a look that is uniquely yours. Please bring any tools that you have. However, tools and beading boards will be available for use during class, and may be purchased at the end of class. Supply fee is of \$25 payable to the instructor at the beginning of class.

Instructor: Cathy Soltys of Joie de Beads by Cathy

Location: Community Room

250128-A Class Dates: Sunday, March 2

Time: 2-4pm **Fees:** R: \$40 / NR: \$50

Location: Senior Center

250128-B Class Dates: Thursday, April 24

Time: 7-9pm **Fees:** R: \$40 / NR: \$50

Beginning Knitting Adults

This class is designed for first-time knitters. Students will be taught the basics of knitting and pattern reading. Participants will knit a scarf and a hat! Join the fun! This class is appropriate for ages 12 and up. Supply fee of \$30 is payable to the instructor at the beginning of class.

Instructor: Lynne Hoffman **Location:** Teen Center

250610-E Class Dates: Saturdays, February 2-23

Time: 9-11am

Fees: R: \$56 / NR: \$66



Knitting Workshop Adults

This series of workshops is designed to offer help or get advice for your current projects. Bring your projects and knitting supplies with you. Sign up for one, two, three, or all four Saturdays! This class is appropriate for ages 12 and up.

Instructor: Lynne Hoffman

Location: Teen Center

250610-A Class Dates: Saturday, February 2

250610-B Class Dates: Saturday, February 9

250610-C Class Dates: Saturday, February 16

250610-D Class Dates: Saturday, February 23

Time: 12 noon-2pm **Fees:** R: \$14 / NR: \$24

Art and Dog Obedience Classes

Paint with Rich Juicy Color: Intermediate/Advanced Watercolor Adults

Painting with Rich Juicy Color from the fall session. There will be more exploration of color using interesting color schemes for painting assignments and more transposing of color in paintings. Still life, landscape, floral or figures may be used for painting subjects. All lessons include demonstrations, critiques, and lots of individual attention. Classes will be held during spring break.

Instructor: Carolyn Grossé Gawarecki

Location: Art Room

Morning classes Session A and B are identical, just different dates. Critiques and demonstrations every other week, students paint at home.

250106-A Class Dates: Tuesdays, January 29, February 12, February 26, March 11, March 25, and April 8

Time: 9:45am-12:30pm **Fees:** R: \$175 / NR: \$185

250106-B Class Dates: Tuesdays, February 5, February 19, March 4, March 18, April 1, and April 15

Time: 9:45am-12:30pm **Fees:** R: \$175 / NR: \$185

Afternoon class Critique and demonstrations one week, students paint in class the next week. *The lessons are the same as Session A & B*

250106-C Class Dates: Every Tuesday, January 29-April 15

Time: 1:15-3:30pm **Fees:** R: \$215 / NR: \$225

Painting for Fun Oil & Acrylic Adults

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginnings through advanced students are welcome.

Instructor: Lou Jones **Location:** Art Room

250103-A Class Date: Fridays, January 25-April 25
(No class April 21)

Time: 1-3pm **Fees:** R: \$182 / NR \$192

Mood & Style Oil & Acrylic Adults

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginnings through advanced students are welcome.

Instructor: Lou Jones **Location:** Art Room

250103-B Class Date: Fridays, January 25-April 25
(No class April 21)

Time: 10:30am-12:30pm **Fees:** R: \$182 / NR: \$192



Dog Obedience Level 1

Ages of Dogs: 4 months and up.

Ages of People: 9 years old and up.

LEVEL 1 is designed to establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dog fear or aggression of any kind is not allowed in the winter class. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. **ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.**

Instructor: Janice Morton

Location: Art Room

250701-A Class Dates: Thursdays, January 24-March 13

Time: 6:30-7:30pm **Fees:** R: \$56 / NR: \$66

Location: Cavalier Trail Park Tennis Courts

250701-B Class Dates: Thursdays, April 10-May 29

Time: 6:30-7:30pm **Fees:** R: \$56 / NR: \$66

Dog Obedience Levels 2, 3 & 4

Ages of Dogs: 6 months and up.

Ages of People: 9 years and up.

LEVELS 2, 3 & 4 will prepare the pet owner and their dog for off leash work with basic commands. Owners and Dogs must have completed a course in Level 1 obedience.

Dogs must not display any type of aggression and must be under the control of their owners. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. **ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.**

Instructor: Janice Morton

Location: Art Room

250702-A Class Dates: Thursdays, January 24-March 13

Time: 7:30-8:30pm **Fees:** R: \$56 / NR: \$66

Location: Cavalier Trail Park Tennis Courts

250702-B Class Dates: Thursdays, April 10-May 29

Time: 7:30-8:30pm **Fees:** R: \$56 / NR: \$66

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Early Childhood STEP Parenting Workshop

(Systematic Training for Effective Parenting for Children Under Six)

Here's the parenting workshop you've been looking for! Early Childhood STEP offers parents practical and effective ways to relate to their children. This program gives parents information and skills you can use immediately. This 3 hour workshop will concentrate on discipline techniques centered on your child's specific emotional and behavioral issues. Bring your biggest concern to this workshop. Sibling problems? Whining? Power struggles? Food issues? Bring them all! We'll discuss each of them. **Early Childhood STEP Book available for purchase at \$15 - paid to instructor.** For information contact maddy505@aol.com

Instructor: Maddy O'Neill-Dean, MSW

Location: Art Room

251001-A Class Date: Saturday, March 8

Time: 9:30am-12:30pm **Fees:** R: \$50 / NR: \$60

Early Childhood STEP Parenting Class

(Systematic Training for Effective Parenting for Children Under Six)

Parents are constantly exposed to advice on how to raise their children. Early Childhood STEP offers parents practical and effective ways to relate to their children. STEP gives parents information and skills. Each class centers around the issues you bring to class. Sessions are supportive, friendly, and thought-provoking. Topics covered include understanding young children's behavior and misbehavior, discipline, listening and talking to young children, and understanding children's emotional and social development. **\$15 paid to instructor for Early Childhood STEP Book** For information contact maddy505@aol.com

Instructor: Maddy O'Neill-Dean, MSW

Location: Teen Center

251001-B Class Dates: Thursdays, April 10-May 8

Time: 7-9pm

Fees: R: \$120 / NR: \$130 per adult or couple.

Winning Interviewing Skills Workshop Ages 16-21

NEW!

Prepare your teen or young adult for Summer Employment or upcoming College Interviews by enrolling them in this beneficial workshop. Not only will they learn proper protocol and professional interviewing skills, they will also learn the social skills that will help them ACE the interviewing process!

Instructor: Life Skills School of Etiquette, LLC

Location: Senior Center

221023-A Class Dates: Saturday, April 12

Time: 11am-1pm **Fees:** R: \$40 / NR: \$50

ADULT ESOL CLASSES

Are you interested in learning English? Falls Church City Public Schools offers morning and evening Adult ESOL classes for students at all levels of English proficiency. The fee includes the cost of materials. Registration is January 2-16 for the winter session and March 24-April 7 for the spring session. **Register at 803 W. Broad Street, Suite 320 or call Kate Seche at 703 248-548-5616.**

Instructor: Falls Church City Public Schools Staff

Location: Teen Center

Class Dates: Mondays and Wednesdays, January 7-March 26 (No classes January 21, February 18, March 17, and March 19)

Time: 10am-12 noon **Fee:** \$40

Instructor: Falls Church City Public Schools Staff

Location: George Mason High School

Class Dates: Mondays and Wednesdays, January 7-March 26 (No classes January 21, February 18, March 17, and March 19)

Time: 7-9pm **Fee:** \$40

Instructor: Falls Church City Public Schools Staff

Location: Teen Center

Spring Session Class Dates: Mondays and Wednesdays, March 31-June 11 (No class May 26)

Time: 10am-12 noon **Fee:** \$40

Instructor: Falls Church City Public Schools Staff

Location: George Mason High School

Spring Session Class Dates: Mondays and Wednesdays, March 31-June 11 (No class May 26)

Time: 7-9pm **Fee:** \$40



Active Lifestyle Classes

Beginner Horseback Riding

Ages 14 and older

Here's your chance to learn something you've always dreamed about doing or getting back in the saddle. . . horseback riding. Basic skills will be taught including grooming, saddling, stopping, steering, and posting the trot (jogging is involved). Long pants and smooth, hard soled shoes are required. NO tennis shoes, hiking boots, or slip-ons. Helmets are provided by the facility. Weight limit 200 lbs. **Transportation is not provided.**

Instructor: Celeste McGee of Camp Olympia Riding Center

Location: Camp Olympia Riding Center, Rockville, MD

Class Dates: Thursdays, January 24–February 28

240703-A 11am-12 noon

240703-B 7:30-8:20pm

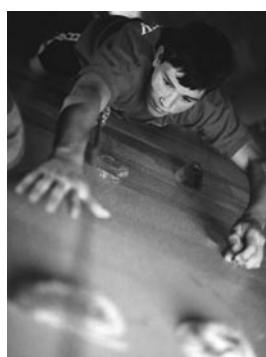
Fees: R: \$222 / NR: \$232

Class Dates: Thursdays, March 27–May 1

240703-C 11am-12 noon

240703-D 7:30-8:20pm

Fees: R: \$222 / NR: \$232



Adult Beginner Rock Climbing

NEW!

Do you want to learn how to rock climb outdoors, but don't have anyone to teach you? Spend two full days of rock climbing in the beautiful spring weather learning the basics of technique, belaying and safety. Instruction will begin on an introductory level and progress with the group. This two day course provides the ultimate experience.

All equipment and transportation is provided. Please bring your own lunch. Waivers must be completed online at adventurelinks.net prior to the trip.

Instructor: Adventure Links staff

Location: Depart from the Falls Church Community Center lobby

250710-A Class Dates: Saturdays, May 10 and 17

Time: 9am-5pm **Fee:** R: \$130 / NR: \$140

250710-B Class Dates: Saturdays, May 24 and 31

Time: 9am-5pm **Fee:** R: \$130 / NR: \$140

250710-C Class Dates: Saturdays, May 10-31

Time: 9am-5pm **Fee:** R: \$260 / NR: \$270 (four classes)

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Self-Defense for Women

Ages 13 and older

This is a hands-on self-defense class tailored for women of any size or strength, and emphasizes practicality, simplicity and effectiveness. Develop confidence and forcefulness in your own defense. Have fun while learning and practicing a wide variety of practical techniques in realistic threat situations. You'll learn to escape from and defend against the full spectrum of physical threats, from unwanted touching to full-contact sexual assault, up to your comfort level, and to tailor your response to the situation. The class is led by a Black Belt martial arts instructor experienced in teaching self-defense to women. Wear gym clothes or something comfortable, and be ready to have fun and get physical!

Instructor: Tom Mulczynski

Location: Community Room

250413-A Class Dates: Mondays, February 4–March 24
(No classes February 18 and March 17)

Time: 7-8pm

Fees: R: \$42 / NR: \$52

Self Defense & Martial Arts Introduction

Ages 15 and older

NEW!

Concerned for your personal safety here or off at college? Learn basic actions you can take to improve your personal safety. This two-hour class will teach you how to perform several practical self-defense techniques and introduce traditional martial arts. Come comfortably dressed and prepared to practice some self-defense techniques with instructors. The classes will be taught by local martial arts instructors with over 30 years of experience teaching martial arts.

Instructors: Bill Kennedy and Rick Hathaway

Location: Senior Center

250509-A Class Date: Saturday, April 19

Time: 11am-1pm

Fee: R: \$35 / NR: \$45

Location: Dance Studio

250509-B Class Date: Saturday, April 19

Time: 2-4pm

Fee: R: \$35 / NR: \$45



Kick Boxing Aerobics Ages 14 and up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: Mt. Daniel Gymnasium

250417-A Class Dates: Tuesdays, January 15-May 20
(No classes February 26 and March 18)

Time: 7:30-8:30pm

Fees: R: \$119 / NR: \$129



Noon Workout Ages 14 and up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: Gym

250407-A Class Dates: Tuesdays and Thursdays, January 15-May 29
(No classes March 18 and March 20)

Time: 12:10-1pm

Fees: R: \$133 / NR: \$143



Step Aerobics Ages 14 and up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Location: Mt. Daniel Gymnasium

250404-B Class Dates: Mondays-Wednesdays, January 14-May 21
(No classes January 21, February 18, February 25, February 27, March 17, and March 19)

Time: 6:30-7:30pm

Fees: R: \$224 / NR: \$234

Body Toning Ages 18 and older

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the work-out.

Instructor: Eileen Cutrona

Location: Mt. Daniel Gymnasium

250405-A Class Dates: Tuesdays and Thursdays, January 22-May 6
(No classes February 7, February 26, March 6, March 18, March 20, April 10, and May 8)

Time: 6:30-7:30pm

Fees: R: \$182 / NR: \$192



Class Cards!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: **Step Aerobics, Body Toning, Noon Workout & Kickboxing.** Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$70 / NR: \$80 / Senior Residents: \$35

Rise and Shine Step Aerobics

Ages 14 and up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Location: Dance Studio

250404-A Class Dates: Saturdays, January 19-May 17
(No class March 22)

Time: 9-10am

Fees: R: \$119 / NR: \$129

Low-Impact Aerobics Adults

This class offers a gentle cardio workout combining aerobics, dance, Pilates and yoga movement patterns. Emphasis is on form, muscle elongation and injury prevention. Look better, feel better and enjoy the benefits of working with ease!

Instructor: BodyMoves Fitness

Location: Gymnasium

250416-A Class Dates: Mondays, February 4-May 5
(No classes February 18, March 17, and April 14)

Time: 9:15-10:15am

Fees: R: \$77 / NR: \$87

FIT 4 MOMS

Core Conditioning/Strength Training Adult

This personal & group fitness training company takes great pride in its ability to incorporate a variety of different disciplines such as core strength training, cardio, yoga, sports conditioning and stretching to create a fun and unique experience. Your children will benefit from a playgroup. They also have the option to join our classes. FIT 4 MOMS will provide a certified babysitter to supervise your children. You will be a happy, well-conditioned mom with a strong body that is toned, flexible and balanced with children who are mentally and physically stimulated. What better way to instill a healthy lifestyle upon your children is there than them sharing in mommy's workout? These classes are intended to be stress-free and convenient for both you and your children.

Instructor: Sheila Cordaro

Location: Gymnasium

Class Dates: December 3- March 28

Mondays 8-9am and 10:30-11:30am,

Tuesdays 9:45-10:45am

Wednesdays 9:15-10:45am

Thursdays 8-9am

Fridays 8-9am and 9:45-10:45am.

Fees: Please contact Sheila@fit4moms.com

NEW!

Register now!



Jazzercise Ages 14 and older

The original dance exercise phenomenon! Each workout blends dance and muscle toning movements choreographed to today's hottest music. Instructors make the routines fun and easy-to-follow. Every class includes a warm up, aerobic workout, muscle toning and strengthening segment, and a stretch finale. Students will need to purchase a mat and hand weights. Many options available, including daily and monthly cards. Personal Training sessions also available. Register at the Jazzercise desk at the Falls Church Community Center.

Instructor: Jazzercise

Location: Senior Center

Class Dates: Mondays-Thursdays
(No classes January 1 and May 26)

Time: Mondays and Wednesdays 5:30-6:30pm and 6:35-7:35pm; Tuesdays and Thursdays 6-7pm

Fees: Prices vary depending on pass

Register now!

Pilates with Props Adults

Pilates with Props employs small apparatus including Resistance Rings, Flex Bands, Sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Material fee in class to purchase a burst-resistant, 55 cm ball from instructor or bring your own.)

Instructor: BodyMoves Fitness

Location: Community Room

250414-A Class Dates: Tuesdays, January 22-May 6
(No class March 18)

Time: 7-7:55pm

Fees: R: \$210 / NR: \$220

Yoga for EveryBody Adults

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.

Instructor: Sharon "Sam" A. Meehan, RYT

Location: Community Room

250401-A Class Dates: Thursdays, January 17-February 28

Fees: R: \$70 / NR: \$80

250401-B Class Dates: Thursdays, March 6-April 17

Fees: R: \$70 / NR: \$80

250401-C Class Dates: Thursdays, April 24-May 29

Time: 7:15-8:45pm

Fees: R: \$60 / NR: \$70

Yoga for Fitness Adults

This class introduces participants to fundamentals of yoga practice--including *asanas* (poses), breathing techniques, and body awareness--and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: BodyMoves Fitness

Location: Community Room

250414-A Class Dates: Tuesdays, January 29-April 29

(No class March 18)

Time: 8-8:55pm

Fees: R: \$156 / NR: \$166

250414-B Class Dates: Mondays, February 4-May 5

(No classes February 18, March 17, and April 14)

Time: 12 noon-1:10pm

Fees: R: \$110 / NR: \$120

Gentle Yoga Adults

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. Mats available.

Instructor: BodyMoves Fitness

Location: Dance Studio

250415-A Class Dates: Thursdays, January 24-May 1

(No classes March 6 and March 20)

Time: 9:30-10:25am

Fees: R: \$117 / NR: \$127

Yoga for Life Adults

This new class will incorporate the 5 Tibetan Rites, inversions, the Sun Salutations, and hatha yoga poses which target specific parts of the body for attention: with toning, stretching and relaxation . This class will encourage people to establish a concise daily practice and help people to bring a relaxed and energetic approach to their daily lives. We will explore the power of visualization and relaxation to effect positive change in yoga practice and in life. Students will have the option of registering for Spring Forest Qigong.

Instructor: Unyong Kim Waide **Location:** Community Room

250419-A Class Dates: Wednesdays, January 16-February 27

250419-B Class Dates: Wednesdays, April 2-May 14

Time: 7:30-8:30pm

Fees: R: \$84 / NR: \$94



Prenatal/Postpartum Yoga

Ages 16 and older

Welcome to a supportive class tailored to the needs of the perinatal woman. Practice poses to ease discomforts such as low back and sciatic pain, insomnia and swelling. Mindfully work to relax and strengthen the uterus and pelvic floor and to improve circulation, blood oxygenation and breath control. Recuperate and tone after birth, strengthening and stretching the upper body to support the new-mom tasks of feeding, lifting and carrying baby. Enjoy tranquil moments to savor this extraordinary time of life. Babies' ages 6 weeks- 6 months welcome. Mats available.

Instructor: BodyMoves Fitness

Location: Community Room

250418-A Class Dates: Fridays, January 25-February 29

250418-B Class Dates: Fridays, March 28-May 2

Time: 12:15-1:15pm **Fees:** R: \$72 / NR: \$82

Yoga for Busy People Lunchtime Class

Adults

This new daytime class includes several concise yoga exercises doable in 5-10 minutes of daily practice: the 5 Tibetans, inversions, and Sun Salutations. Students will be assisted to establish a concise daily practice in the midst of their busy lives. Additional poses and exercises will be taught to help students take yoga off the mat and into their lives, to help students de-stress, and de-tense in the midst of a workday. Wear comfortable clothing, avoid heavy eating before class. Students will have the option of registering for Spring Forest Qigong.

Instructor: Unyong Kim Waide **Location:** Community Room

250420-A Class Dates: Thursdays, January 17-February 28

250420-B Class Dates: Thursdays, April 3-May 15

Time: 12:30-1:15pm **Fees:** R: \$84 / NR: \$94

Spring Forest Qigong Practice

Adults

NEW!

For Students of Yoga for Life and Yoga for Busy People
In this new optional add-on session, students will be introduced to qigong, an ancient and powerful energy practice originating in China. Spring Forest Qigong was formulated by Master Chunyi Lin to streamline the esoteric and mysterious practice to be easily accessible to Americans, but losing none of its power. Qigong practice can clear energy blockages in the body that can lead to various ailments. The instructor will share from the Spring Forest Qigong learning materials and facilitate practice of the exercises that students can do at home.

Instructor: Unyong Kim Waide **Location:** Community Room

250422-A Class Dates: Wednesdays, January 16-February 27

250422-B Class Dates: Thursdays, January 17-February 28

250422-C Class Dates: Wednesdays, April 2-May 14

250422-D Class Dates: Thursdays, April 3-May 15

Time: Sections A and C: 7:15-7:30pm

Sessions B and D: 12 noon-12:15pm

Fees: R: \$20 / NR: \$30



Beginning and Intermediate Karate Ages 9 and older

This class builds self-confidence, provides exercise, teaches new skills, and is fun. Adults (including parents with children) are welcome. Students are taught fundamentals of self-defense including blocks, punches, and kicks common to many styles of martial arts, as well as formal forms (katas) based on traditional Korean martial arts. Continuing students learn more techniques and katas. Progress is at the student's own pace. There are no other costs. Beginning students are not required to have uniforms. Additional information is available at <http://www.StratfordKarate.org>

Instructors: Bill Kennedy and Rick Hathaway

Location: Dance Studio

Beginning Karate

250502-A Class Dates: Mondays, January 28-April 28 (No classes February 18 and March 17)

Time: 7-8pm

Fees: R: \$84 / NR: \$94

Intermediate Karate

250502-B Class Dates: Mondays, January 28-April 28 (No classes February 18 and March 17)

Time: 8:15-9:15pm

Fees: R: \$84 / NR: \$94

Advanced Karate Ages 9 and older

This class is for students with experience in martial arts. The class is based on traditional Korean martial arts known as Tang Soo Do, which is very similar to Tae Kwon Do (TKD). We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Continuing students are expected to have uniforms. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to be experienced enough to ensure everyone's safety. Additional information is available on the Internet at <http://www.StratfordKarate.org>

Instructors: Rick Hathaway and Bill Kennedy

Location: Dance Studio

250502-C Class Dates: Thursdays, January 31-April 24 (No class March 20)

Time: 7-8pm

Fees: R: \$84 / NR: \$94



Black Belt Karate Ages 16 and older

This class is specifically for Black Belts of any style. The class will explore martial arts beyond the first Black Belt degree (dan). Black Belt forms (katas) necessary for second dan in Tang Soo Do will be taught along with some weapons techniques and katas. This seminar-style class will be led by two 3rd dan Tang Soo Do instructors and advanced "guest" instructors from the local area, as available. Students will be encouraged to teach advanced techniques to the rest of the class. More information is available at <http://www.StratfordKarate.org>

Instructors: Bill Kennedy and Rick Hathaway

Location: Dance Studio

250502-D Class Dates: Thursdays, January 31-April 24 (No class March 20)

Time: 8:15-9:15pm

Fees: R: \$84 / NR: \$94

Wu Style Tai Chi Adults

Tai Chi Chuan is the perfect exercise. The slow, flowing movements strengthen your legs, increase your balance, and develop your body awareness. Health benefits of Tai Chi include: more efficient breathing, reduced blood pressure, increased bone density, and enhanced flexibility. Tai Chi also reduces your stress and makes you feel energized and focused. In this class you will learn a short form of Wu style Tai Chi. The form is easy to learn and takes approximately 5 minutes to practice, but it can be repeated as many times as you desire. Wu style Tai Chi is famous for its health benefits and meditative effects. No athletic ability is required. No mat work is involved. Repeat students are welcome.

Instructor: Keith Harrington

Location: Art Room

250503-A Class Dates: Mondays, January 28-April 14 (No classes February 18 and March 17)

Time: 6:30-7:30pm

Fees: R: \$120 / NR: \$130

Chi Kung: Opening the Energy Gates Adults

Chi Kung (a.k.a. Qigong) refers to traditional Chinese health exercises which are practiced daily by millions of people around the world. Chi Kung exercises come from the same family of energy exercises as Tai Chi, but they involve multiple repetitions of simple moves rather than Tai Chi's more elaborate choreography. These exercises are so popular because they are easy to learn and are as effective as Tai Chi in improving your health and releasing your stress. In this class, you will learn the Chi Kung set known as Opening the Energy Gates of Your Body. As part of this set you will work directly with your energy (Chi) to balance your energy and gently open up your body, releasing areas of stiffness and discomfort. No athletic ability is required. No mat work is involved.

Instructor: Keith Harrington

Location: Dance Studio

250510-A Class Dates: Thursdays, January 24-April 10 (No class March 20)

Time: 10-11am

Fees: R: \$120 / NR: \$130



Historical Swordsmanship: Rapier & Two-Handed Sword



Based on Medieval and Renaissance techniques, the swordfighting disciplines that will be explored are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai

(made of bamboo) and the foil. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class. **Transportation is not provided.**

Instructor: Virginia Academy of Fencing

Location: 5401-B Port Royal Road Springfield, VA 22151

Youth: Ages 9-13 years

220502-A	Monday January 7-February 11	6-7pm
220502-B	Monday March 31-May 5	6-7pm
220502-C	Tuesday April 1-May 6	11am-12 noon

Adult/Teens: Ages 14 years-Adult

250502-A	Saturday January 5-February 9	1-2pm
250502-B	Tuesday January 8-February 12	8-9pm
250502-C	Saturday March 29-May 3rd	1-2pm
250502-D	Tuesday April 1-May 6	12 noon-1pm
250502-E	Tuesday April 1-May 6	8-9pm

Fees: R: \$85 / NR: \$95

**Spring Break
camps are
available**

Beginning Olympic Sport Fencing: Foil, Sabre, Epee



Fencing is an Olympic sport that is beneficial for students of all athletic abilities. Often called the physical game of chess, it improves coordination, balance, grace, and reflexes. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). This course has been designed by a Russian national champion and Professor of Fencing at American and George Mason Universities. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class. **Transportation is not provided.**

Instructor: Virginia Academy of Fencing

Location: 5401-B Port Royal Road Springfield, VA 22151

Ages 6-8 Years

220501-A	Sunday January 6-February 10	9:15-10am
220501-B	Tuesday January 8-February 12	5:15-6pm
220501-C	Sunday March 30-May 4	9:15-10am
220501-D	Tuesday April 4-May 6	5:15-6pm
220501-E	Thursday April 3-May 8	10:15-11am

Youth: Ages 9-13 years

220501-P	Saturday January 5-February 9	10-11am
220501-F	Sunday January 6-February 10	10-11am
220501-G	Monday January 7-February 11	7-8pm
220501-H	Tuesday January 8-February 12	6-7pm
220501-I	Thursday January 10-February 14	7-8pm
220501-J	Saturday March 29-May 3	10-11am
220501-K	Sunday March 30-May 4	10-11am
220501-L	Monday March 31-May 5	7-8pm
220501-M	Tuesday April 1-May 6	6-7pm
220501-N	Thursday April 3-May 8	11-12 noon
220501-O	Thursday April 3-May 8	7-8pm

Adult/Teens: Ages 14 years-Adult

250501-A	Saturday January 5-February 9	12 noon-1pm
250501-B	Sunday January 6-February 10	11am-12 noon
250501-C	Monday January 7-February 11	8-9pm
250501-D	Tuesday January 8-February 12	7-8pm
250501-E	Thursday January 10-February 14	8-9pm
250501-F	Saturday March 29-May 3	12 noon-1pm
250501-G	Sunday March 30-May 4	11am-12 noon
250501-H	Monday March 31-May 5	8-9pm
250501-I	Tuesday April 1-May 6	7-8pm
250501-J	Thursday April 3-May 8	12-1pm
250501-K	Thursday April 3-May 8	8-9pm

Fees: R: \$85 / NR: \$95

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Creating a Healthy Tree Ages 14 and up

There are certain things a tree owner must know to keep their trees healthy and in the very best condition. Also, topics such as proper planting and mulching will be discussed and how they can impact the health and development of trees.

Instructor: Jeremy Edwards, Senior Urban Forester

Location: Art Room

251009-D Class Dates: Tuesday, February 26

Time: 7-8:30pm

Invasive Plants and Why We Should Remove Them Ages 14 and up

Find out what plants are invading Falls Church's parks and back yards and what we can do to limit their spread. Bring in samples of plants from your yard for identification.

Instructor: Jeremy Edwards, Senior Urban Forester

Location: Senior Center

251009-A Class Dates: Thursday, March 6

Time: 7:30-9pm

Our Place in the Chesapeake Bay Watershed Ages 14 and up

Topics include: introduction to our area, water quality issues, tips and techniques for conserving water and improving water quality. Includes viewing of a portion of the film "Four Mile Run" by David Eckert.

Instructor: Kathy Allan, Environmental Program Specialist

Location: Senior Center

251009-G Class Dates: Thursday, March 13

Time: 7-8:30pm

Structure Pruning Young Trees Ages 14 and up

Pruning is essential in developing a tree with a strong structure and desirable form. Learn the techniques and benefits of "Structure Pruning" trees during their developmental years.

Instructor: Jill-Anne Spence, City Arborist

Location: Senior Center

251009-E Class Dates: Saturday, March 15

Time: 10-11:30am

Respect, Rethink, Reduce, Reuse and Recycle Ages 14 and up

Learn what happens to trash and recycling after it leaves your home. Learn ways to rethink, reduce, reuse, and recycle in less traditional ways. Includes an introduction to backyard composting, vermicomposting, and other waste reduction techniques.

Instructor: Kathy Allan, Environmental Program Specialist

Location: Senior Center

251009-H Class Dates: Thursday, April 3

Time: 7-8:30pm

All Growing Green Workshops are FREE

Shrub Pruning Techniques Ages 14 and up

Over grown and improperly pruned shrubs are not only unattractive, they are difficult to maintain. Learn how to keep your shrubs healthy and looking their best. Bring your own pair of by-pass pruners.

Instructor: Jill-Anne Spence, City Arborist

Location: Teen Center

251009-F Class Dates: Saturday, April 5

Time: 10-11:30am

Spring Wildflower Walk Ages 14 and up

Take a stroll through Cherry Hill and Isaac Crossman Parks and learn about the beautiful spring flowering plants that live there. Cancelled if raining heavily.

Instructor: Jeremy Edwards, Senior Urban Forester

Location: Front of the Falls Church Community Center

251009-B Class Dates: Saturday, April 12

Time: 9-11am

Pruning Basics Ages 14 and up

Have you ever wanted to prune your trees and shrubs but weren't sure where to start? Topics will include pruning goals, methods, when to prune and tool selection.

Instructor: Jeremy Edwards, Senior Urban Forester

Location: Senior Center

251009-I Class Dates: Thursday, May 1

Time: 7-8:30pm

How to use a Wildflower Guide Ages 14 and up

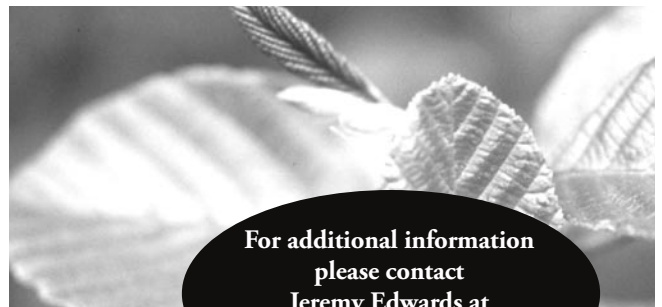
This class will introduce participants to the Newcomb's Wildflower Guide by Lawrence Newcomb and how to "key out" unknown plants. Participants are encouraged to bring a copy of guide to the class. Cancelled if raining heavily.

Instructor: Jeremy Edwards, Senior Urban Forester

Location: Front of the Falls Church Community Center

251009-C Class Dates: Thursday, May 15

Time: 7:30-9pm



For additional information
please contact
Jeremy Edwards at
jedwards@fallschurch.gov or
703-248-5016.

Family and Adult Trips

The Story of Virginia, an American Experience

A multi-gallery exhibition with more than 1,000 objects covering 16,000 years of Virginia history. Featured are a 17th-century dugout canoe, an original Conestoga wagon, an original 1820s smokehouse and kitchen, and a 1918 Richmond streetcar. Please bring \$5 cash the day of the trip for museum admission.

251401-A Trip Date: Friday, December 28, 2007
Time: 9am-5pm **Fee:** \$10

Snow Tubing

Bring your family and friends to a day of fun in the snow at Whitetail Ski Resort. Fee includes four hours of tubing, lunch and transportation. Waivers are required. Participants must be 5 years old and older.

251413-A Trip Date: Saturday, January 26
Time: 8am-6:30pm **Fee:** \$65

Ski and Snow Board Trip at Whitetail

Bring your friends and family to Whitetail Ski Resort. You will have great fun bonding with your peers or making new friends. All packages include a meal voucher. Waivers are required.

Trip Date: Saturday, February 2 **Time:** 8am-8pm

241401-A Lift Ticket Only: \$73

Provides access to all open lifts and trails.

241401-B Learn to Ski Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-D Learn to Snowboard Package: \$84

Valid in beginner area. Includes use of rental equipment and Guaranteed First Class Lesson.

241401-C All Mountain Ski Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

241401-E All Mountain Snowboard Package: \$113

Valid on all open lifts and trails. Includes use of rental equipment and class lesson at your ability level.

Hometown Arts and Crafts Show and Spring "Bling" Event

Put a little pizzazz in your style at Ida Lee's 11th Annual Hometown Arts and Crafts Show where over 100 juried vendors will be on hand featuring home décor items, clothing, candles, soaps, and so much more! Bring your friends and family to see the new and unique designs, just in time for spring! This will be a shoppers' paradise! Please bring money for vendors and food.

251405-A Trip Date: Saturday, March 8
Time: 9am-4pm **Fee:** \$14

Transportation
is provided and
included for all
adult trips

All-Beethoven Masterworks

A Prince William Symphony Orchestra Concert features all-Beethoven Masterworks. Sit back, relax and enjoy the amazing sounds of Beethoven with friends and family.

251404-A Trip Date: Saturday, February 9
Time: 6:30-11pm **Fee:** \$24

Riverside Dinner Theater

Thoroughly Modern Millie is a live Broadway musical. Experience this great musical with professional actors and actresses from your dining table. Everyone is dancing the Charleston in a 1920s New York full of intrigue, jazz, and change. Enter young Millie Dillmount from Kansas, intent on becoming "modern" and marrying a wealthy executive. Dinner begins from 6:30-7:45 pm and the show starts at 8pm.

251410-A Trip Date: Thursday, March 27
Time: 5:30-11:30pm **Fee:** \$65

Lazy Susan Dinner Theatre

The Lazy Susan Dinner Theatre is one of the oldest and most prestigious dinner theatres in the Washington, D.C. area. This distinguished dinner theatre presents an outstanding Pennsylvania-Dutch style buffet, followed by a full-scale Broadway production that is sure to please.

251411-A Trip Date: Saturday, April 12
Time: 4:30pm-12 midnight **Fee:** \$59

Mystery Dinner Playhouse – Arlington

The dinner is served to you by a zany cast of characters who are providing clues to help you solve the evening's crime. You're given bribe money and clue dossiers to help you better solve the mystery, and a "Super Sleuth" prize is given for the correct solution! For adults only.

251412-A Trip Date: Friday, April 25
Time: 6-11pm **Fee:** \$60

Medieval Times

Set within the walls of an 11th century European-style Castle, their live show recreates a Middle Age tournament of skill and sport, featuring valiant knights and powerful stallions. The fee includes a four-course meal, tax, gratuity, transportation and the show. Medieval Times is a live horse show in an enclosed arena.

251412-A Ages 12 and under \$54 **251412-B Adults \$63**
Trip Date: Saturday, March 22 **Time:** 3-10pm

Cinco de Mayo Celebration at Veramar

Come out and celebrate Cinco de Mayo with Veramar. We've added the "South of the Border" flair to our specialty wine drinks and music. South of the Border fare available for purchase. Fee includes wine tasting, music, souvenir glass and transportation. Must be over 21 to attend.

251408-A Trip Date: Sunday, May 4
Time: 9am-7pm **Fee:** \$25

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call 703-248-5020 for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES

Aquatics Class

Come join us for a great workout in the water. Water aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Return around 12 noon. Fees apply. Call for more details.

Game Day

Come every Friday at 9am for FUN and games.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday at 10am.

Movie Day

On the first Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Military History

Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea and Vietnam War.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Mondays: English group 12 noon

Tuesdays: German group 10am and **Italian** group 1:30pm

Thursdays: French group 10am

Current Events

An informal group that meets the second and fourth Monday of each month from 10-10:45am.

Briscola

An Italian card game that meets every Thursday at 9:30am.



Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Walking Group

Meets Thursdays from 10am-12 noon, except the first Monday of the month, 10am-1pm (bring a bag lunch).

Meet Me at the Movies

Meets the third Thursday of every month from 9am-12:30pm. Breakfast and movie included at Merrifield Theatre. See calendar for exact dates and movie titles.

Golden Age Bingo

Meets every Tuesday from 10am-1:30pm.

Bingo

Meets every Wednesday from 10am-2pm.

Birthdays with Beryl

Join us on the second Wednesday of the month at 12 noon to celebrate all the birthdays in the month with tasty treats.

Nutritionist

A nutritionist will provide healthy eating tips every third Wednesday of the month at 12 noon.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Crafts Group

Second Monday of the month at 10am. Fees apply for materials, Reservations Required.



Mixed Trivia

Join Senior Center staff and test your knowledge on the first and third Monday at 10am.

Rummikub Challenge

Every Thursday at 10am.

Checkers Challenge

Every Wednesday at 10:30am.

Falls Church Senior Center

SPECIAL SENIOR PROGRAMS

Wednesday, January 10: Bingo Bash

Thursday February 14: Valentine's Day Celebration

Monday, March 17: St. Patrick's Day Celebration

Thursday, April 17: Spring Fling

Thursday, May 8: Mother's Day Celebration

Lunch Bunch

This group meets on the second Monday of every month at 12:30pm. If using van transportation, van will leave at 11:45am. (\$1). Responsible for own meal.

Monday, January 14	Da Vinci's
Monday, February 11	Great American Steak Buffet
Monday, March 10	Metro 29
Monday, April 14	Old Country Buffet
Monday, May 12	City Diner



Senior Trips Using Fastran Transportation

Time: 10:15am-1pm

(Call for more details)

Fee: \$1



January: Wegmans
Tyson's Corner Mall

February: Trader Joes
Springfield Mall

March: World Market
Fair Oaks Mall

April: Shoppers Food Warehouse
Burke Lake Park

May: Wal-Mart
Lake Accotink Park

Look out for Upcoming Senior Trips

January: Tour of U.S. Holocaust Memorial Museum: The Holocaust

The exhibition covers three floors, starting at the top: the opening floor, Nazi Assault – 1933 to 1939; the middle floor, The “Final Solution” – 1940 to 1945; and the final floor, Last Chapter. This will be a self-guided tour.

February: National Gallery of Art

Special Exhibition: “British Picturesque Landscapes.” A focus installation of engravings and colored prints of scenic Great Britain from late 18th- and early 19th- century books.

March: National Museum of Natural History

Come enjoy their new exhibit “Butterflies and Plants: Partners in Evolution” will showcase live butterflies and plants in an enclosed pavilion.

April: Baltimore Zoo

This spring, the zoo welcomes a newborn zebra and two noisy warthogs. There are more than 2,000 animals on 161 acres.



Cherry Blossoms

Come join us as we walk along the tidal basin to see the beautiful blossoms. Feel free to bring a picnic lunch to enjoy along the way.

May: Hillwood Estate, Museum & Gardens

Come tour the mansion and gardens of noted heiress Marjorie Merriweather Post. The Georgian-style house (1920s) contains Post's impressive collection of eighteenth-and nineteenth-century French and Russian fine and decorative arts.

Harborplace & the Gallery (Baltimore Maryland)

Bring your appetite and choose from 30 eateries and 12 restaurants including The Cheesecake Factory, California Pizza Kitchen and Phillips Seafood Restaurant or shop til you drop.
Fee: \$3 (transportation)



SENIOR CENTER ARMCHAIR TRAVEL PROGRAMS

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Citizen Center at the Center. **Location:** Teen Center **Time:** 10:30am **Dates:** Fourth Friday of each month

May 23: Great Lodges of the Canadian Rockies

(Running Time: 120 minutes)

From the five-star Banff Springs Hotel to Twin Falls Chalet, these lodges combine “roughing it” with elegance and luxury. This film highlights the fascinating people, the visionary architects, and the heroic feats of engineering that played a pivotal role in the dramatic western expansion of Canada.

June 27: Coney Island

(Running Time: 60 minutes)

To the millions who poured into the mesmerizing seaside amusement empire as the twentieth century dawned, Coney Island was the birthplace of the hot dog and the roller coaster—and the most dazzling laboratory of mass culture in the world. This elegant and absorbing documentary film chronicles the greatest amusement empire the world has ever seen from its emergence in the mid-1800s through its demise after World War II.

January 25: Visions of Sicily

(Running time: 80 minutes)

Shaped by volcanic forces and its culture influenced by conquering forces through the centuries, Sicily's unique and dramatic beauty is like no other. From ancient fishing ports to modern autostradas, terra-cotta rooftops and azure waters to the haze of volcanic craters, this unique aerial tour provides striking views of all that Sicily was and has become.



February 22: Inside the White House: America's Most Famous House

(Running time: 90 minutes)

You are about to step inside the imposing gates of the White House for a revealing visit to the most famous yet mysterious building in America. National Geographic's cameras gained unprecedented access to it, uncovering its hidden inner workings and unearthing some surprising secrets. Discover the human side of this legendary house and peek inside the families' rarely seen private living quarters. A VIP tour!



March 28: Visions of England

(Running Time: 75 minutes)

From the magnificent White Cliffs of Dover to historic Hadrian's Wall, from Stonehenge to Big Ben, Brighton, Bath and beyond, see England as never before. A helicopter mounted camera surveys this land of history and mysteries, literature and fairy tales, castles and conquerors.



April 25: Travel the World by Train: South America: Ecuador, Peru, Brazil, Paraguay, Chile, and Argentina

(Running Time: 60 minutes)

Travel through the awe-inspiring Andes mountains in Ecuador and visit the ancient ruins of Machu Picchu in Peru. From Sao Paulo, the largest city on the South American continent, we travel through tranquil fields and see the paradise that is Brazil. We steam through Paraguay and then from Santiago, Chile, we head straight south. All aboard!



AARP Fifty Five Alive

Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older.

This course will review the different processes of driving for the older

driver. A certificate will be issued at completion of the two-day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to “AARP” for \$10. Discounts are not given.

Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: January 22 and 24, March 18 and 20, May 13 and 15

Time: Class meets on both days from 10am-3pm

Fees: \$10



Registration Information

Refund Policy

Fall, Winter, Spring and Summer Activities

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

Five or More Business Days Before Activity Starts (camps require two weeks)

For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least five business days before the start of an activity.

- Requests for a *refund* made at least five business days before an activity starts will be granted, *less a 20% processing fee*.
- Requests for a *credit* made at least five business days before an activity starts will be granted, *less a 10% processing fee*.

No Refunds Given Less Than Five Business Days Before Activity Starts

- Requests submitted less than five business days before an activity starts or after the activity starts, will only be granted **for medical reasons** (*doctor's note required*) or **for relocation of at least 25 miles** from the City of Falls Church.
- Refunds granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 20% processing fee.
- Credits granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 10% processing fee.

No refunds or household credits will be given if the request for such is submitted after the activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication.

Any corrections will be available at the Falls Church Community Center front desk.

Registration Dates
Residents: January 2
Non-Residents: January 9

CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Late Registration & Transfers: Late registrations and transfers are accepted if an opening is available.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 248-5077 for more information.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Holidays falling in this class session are: Birthday of Dr. Martin Luther King, Jr., January 21, Presidents' Day, February 18, Spring Break, March 16-22, and Memorial Day, May 26.



Registration Starts

Falls Church City Residents:

Wednesday, January 2, 2008

Non-City Residents:

Wednesday, January 9, 2008

How to Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

Registration Hours

Monday-Thursday 8am to 10:30pm

Friday 8am to Midnight

Saturday 8:30am to Midnight

Sunday 12pm to 6pm (January-March)

Sunday 2pm to 6pm (April-December)

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to:

Falls Church Recreation & Parks

223 Little Falls St., Falls Church, VA 22046

PHONE-IN: There will be no phone-in registration on the first day of resident (January 2) and non-resident registration

(January 9). Phone-in registration will start on the second day of registration either January 3 or January 10. **To register by phone, please call 703-248-5077.**

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration.

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.				Total	

Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center. You may stop by and complete it or we will mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you would need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve gym space may be made up to one year in advance. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.



223 Little Falls St.
Falls Church, VA 22046

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